

# DOCUMENT RESUME

ED 255 527

SP 026 008

**AUTHOR** Davis, Dorothy W.; And Others  
**TITLE** Food Buying Guide for Child Nutrition Programs. Revised.  
**INSTITUTION** Food and Nutrition Service (DOA), Washington, D.C.  
**PUB DATE** Jan 84  
**NOTE** 151p.  
**AVAILABLE FROM** Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.  
**PUB TYPE** Guides - Non-Classroom Use (055)  
**EDRS PRICE** MF01/PC07 Plus Postage.  
**DESCRIPTORS** \*Breakfast Programs; \*Consumer Education; Elementary Secondary Education; \*Food Service; \*Food Standards; \*Lunch Programs; \*Nutrition; Program Development

## ABSTRACT

This guide is based on the latest federal regulations and meal pattern requirements for the National School Lunch and Breakfast Programs. It considers current food production and marketing techniques, packaging methods, grading standards, and changing food habits in the American population. The guide gives average yield information on over 600 food items. This information is essential in calculating quantities of food to purchase in order to meet the requirements for the components of the meal patterns. Yields are influenced by: (1) quality and condition of the food; (2) storage conditions and handling; (3) equipment used in preparation; (4) cooking method and time; (5) the form in which the food is to be served; and (6) serving utensils and portion control. Charts are included presenting the complete meal pattern with amounts of food for girls and boys of various ages and grades, school breakfast program meal requirements and recommendations; patterns for breakfast, lunch or supper and snacks, and meal patterns for a summer food service program. (JD)

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United States  
Department of  
Agriculture

Food and  
Nutrition  
Service

Program Aid  
Number 1331

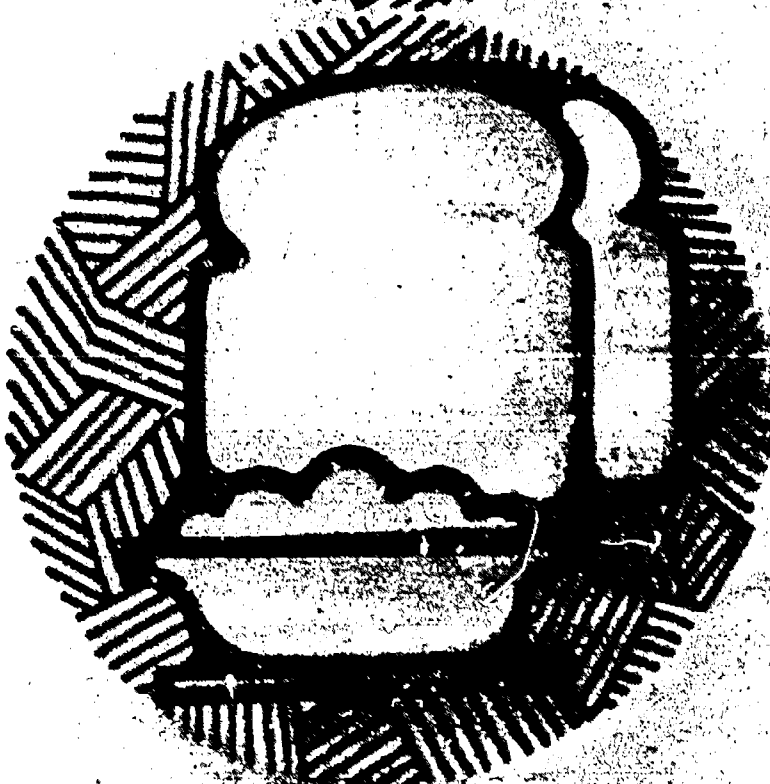
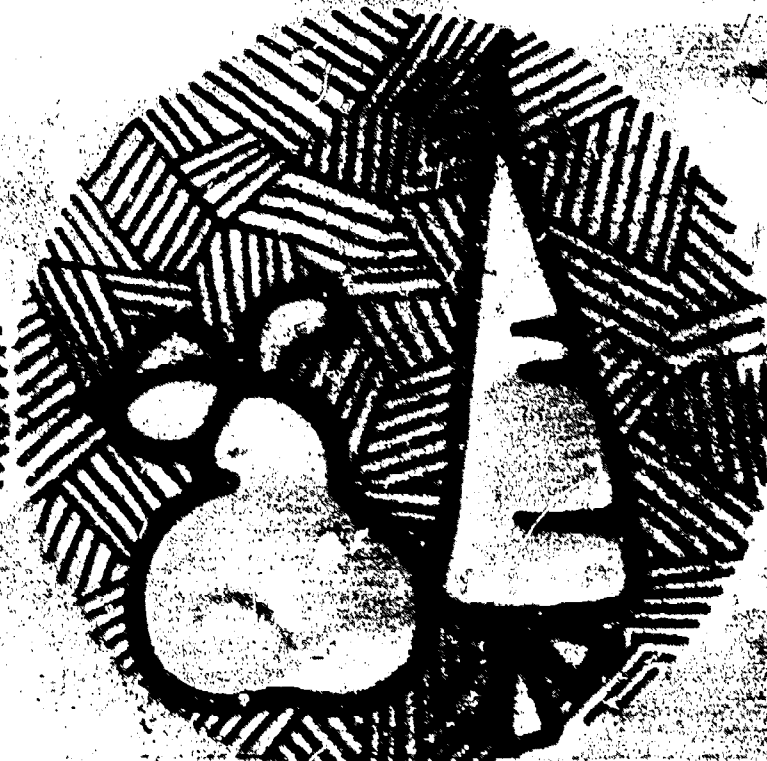
# Food Buying Guide for Child Nutrition Programs

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Prepared by  
Nutrition and Technical Services Division  
Food and Nutrition Service  
and  
Consumer Nutrition Division  
Human Nutrition Information Service  
**U.S. Department of Agriculture**

and the  
National Marine Fisheries Service  
National Oceanic and Atmospheric Administration  
**U.S. Department of Commerce**

The following persons had major responsibility for this publication:

**Food & Nutrition Service**  
Dorothy W. Davis

**Human Nutrition Information Service**  
Olive M. Batcher and Mary S. March

**National Marine Fisheries Service**  
Beverly Barton

This publication supersedes Program Aid 1257, *Food Buying Guide for School Food Service*, revised October 1981 and FNS-108, *Food Buying Guide for Child Care Centers*, slightly revised February 1980.

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U.S. Government Printing Office  
Washington, D.C. 20402

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## Introduction

The purpose of this publication is to help ensure that meals served under the National School Lunch and Breakfast Programs meet program requirements. It is the principal tool to determine the contribution foods make toward the meal requirements whether foods are produced onsite or purchased commercially. It will help food service personnel in all Child Nutrition Programs and purchasing agents to buy the right amount of food and buy it most economically. For information related to writing food specifications and sources for obtaining food prices, refer to FNS-181—*Food Price Sources for School Food Personnel*. This publication is also appropriate for use by food service personnel in the Child Care Program and the Summer Food Service Program.

This guide is based on the latest Federal regulations and meal pattern requirements. It takes into account current food production and marketing techniques, packaging methods, and grading standards. It also reflects changing food habits in the American population by including, for example, more raw vegetables and more ethnic foods.

The guide gives average yield information on over 600 food items. This information is essential in calculating quantities of food to purchase in order to meet the requirements for the components of the meal patterns. Yields will be influenced by:

- the quality and condition of the food you buy
- storage conditions and handling
- the equipment used in preparation
- the cooking method and time
- the form in which you serve the food (for example, mashed, fried, or baked potatoes)
- serving utensils and portion control.

The data in this guide are based on laboratory testing by the Human Nutrition Information Service (formerly Human Nutrition, within the Science and Education Administration), U.S. Department of Agriculture (USDA). They are also consistent with the standards of the Food Safety and Inspection Service, USDA; the National Marine Fisheries Service, U.S. Department of Commerce; and the Food and Drug Administration, U.S. Department of Health and Human Services. This *Food Buying Guide for Child Nutrition Programs* will be periodically reviewed and individual pages or entire sections will be reissued to keep the publication current.

## **Meal Patterns**

Chart 1 presents the complete meal pattern for the National School Lunch Program with the amounts of food for boys and girls of various ages and grades. USDA recommends, but does not require, that portions be adjusted by age group to better meet the food and nutritional needs of children according to their ages. The amount of food listed under Groups I-IV for the National School Lunch Program indicates minimum requirements for the age and grade groups specified. If you do not adjust portions, it is important that you assure that the oldest age group served receives the minimum amount for that age group.

The School Breakfast Program meal requirements and recommendations are shown in chart 2. For guidance in using both of these patterns for school meals, refer to PA-1260, *Menu Planning Guide for School Food Service*.

Chart 3 presents the meal patterns for breakfast, lunch or supper, and snacks in the Child Care Food Program. For guidance in using these patterns refer to FNS-64, *A Planning Guide for Child Care Centers*.

The meal patterns for the Summer Food Service Program are presented in chart 4. Guidance for sponsors who wish to prepare food onsite may be found in FNS-207, *Sponsor Meal Preparation Handbook for the Summer Food Service Program for Children*.

CHART 1

# SCHOOL LUNCH PATTERNS

FOR VARIOUS  
AGE/GRADE GROUPS

U.S. Department of Agriculture, National School Lunch Program

USDA recommends, but does not require, that you adjust portions by age/grade group to better meet the food and nutritional needs of children according to their ages. If you adjust portions, Groups I-IV are minimum requirements for the age/grade groups specified. If you do not adjust portions, the Group IV portions are the portions to serve all children.

## COMPONENTS

## MEAT OR MEAT ALTERNATE

A serving of one of the following or a combination to give an equivalent quantity:

Lean meat, poultry, or fish  
(edible portion as served)

Cheese

Large egg(s)

Cooked dry beans or peas

Peanut butter

| MINIMUM QUANTITIES    |                        |                          |                            |                            |  | RECOMMENDED QUANTITIES <sup>1</sup> | SPECIFIC REQUIREMENTS   |
|-----------------------|------------------------|--------------------------|----------------------------|----------------------------|--|-------------------------------------|---|
| Preschool             | Grades K-3             | Grades 4-12 <sup>1</sup> | Grades 7-12                |                            |  |                                     |   |
| ages 1-2<br>(Group I) | ages 3-4<br>(Group II) | ages 5-8<br>(Group III)  | age 9 & over<br>(Group IV) | age 12 & over<br>(Group V) |  |                                     |   |
| 1 oz                  | 1½ oz                  | 1½ oz                    | 2 oz                       | 3 oz                       |  |                                     | <ul style="list-style-type: none"> <li>• Must be served in the main dish or the main dish and one other menu item</li> <li>• Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Fact sheets on each of these alternate foods give detailed instructions for use.</li> </ul>   |
| 1 oz                  | 1½ oz                  | 1½ oz                    | 2 oz                       | 3 oz                       |  |                                     |   |
| ½                     | ¾                      | ¾                        | 1                          | 1½                         |  |                                     |   |
| ¼ cup                 | ¾ cup                  | ¾ cup                    | ½ cup                      | ¾ cup                      |  |                                     |   |
| 2 Tbsp                | 3 Tbsp                 | 3 Tbsp                   | 4 Tbsp                     | 6 Tbsp                     |  |                                     |   |
| ½ cup                 | ½ cup                  | ½ cup                    | ¾ cup                      | ¾ cup                      |  |                                     | <ul style="list-style-type: none"> <li>• No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice</li> <li>• Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal</li> </ul>  |
|                       |                        |                          |                            |                            |  |                                     |   |
| 5 per week            | 8 per week             | 8 per week               | 8 per week                 | 10 per week                |  |                                     | <ul style="list-style-type: none"> <li>• At least ½ serving of bread or an equivalent quantity of bread alternate for Group I, and 1 serving for Groups II-V, must be served daily</li> <li>• Enriched macaroni with fortified protein may be used as a meat alternate or as a bread alternate but not as both in the same meal</li> </ul> <p>NOTE: Food Buying Guide for Child Nutrition Programs, PA-1331 (1983) provides the information for the minimum weight of a serving</p> |
|                       |                        |                          |                            |                            |  |                                     |   |
| ¾ cup<br>(6 fl oz)    | ¾ cup<br>(6 fl oz)     | ½ pint<br>(8 fl oz)      | ½ pint<br>(8 fl oz)        | ½ pint<br>(8 fl oz)        |  |                                     | <p>At least one of the following forms of milk must be offered:</p> <ul style="list-style-type: none"> <li>• Unflavored lowfat milk</li> <li>• Unflavored skim milk</li> <li>• Unflavored buttermilk</li> </ul> <p>NOTE: This requirement does not prohibit offering other milks, such as whole milk or flavored milk, along with one or more of the above</p>  |
|                       |                        |                          |                            |                            |  |                                     |   |

<sup>1</sup>Group IV is highlighted because it is the one meal pattern which will satisfy all requirements if no portion size adjustments are made

<sup>1</sup>Group V specifies recommended, not required, quantities for students 12 years and older. These students may request smaller portions, but not smaller than those specified in Group IV

## CHART 2. School Breakfast Pattern

| Components   | Minimum<br>Required<br>Quantities |
|--|-----------------------------------|
| <b>Fruit or Vegetable</b><br><i>Fruit or Vegetable<br/>or Fruit Juice<br/>or Vegetable Juice</i> .....                         | 1/2 cup                           |
| <b>Bread or Bread Alternate</b><br><i>One of the following or<br/>combination<br/>to give an equivalent<br/>quantity</i> ..... | 1 serving                         |
| • One slice of whole-grain or enriched<br>bread  |                                   |
| • A serving of biscuits, rolls, muffins, etc., whole-grain<br>or enriched  |                                   |
| • A serving (3/4 cup or 1 ounce, whichever is less)<br>of whole-grain or enriched or fortified cereal                          |                                   |
| <b>Fluid Milk</b><br><i>As a beverage or on cereal or both</i> .....   | 1/2 pint                          |

### Recommendations

To help meet children's nutritional needs, breakfast should also contain as often as possible:

**Meat or meat alternate**—a 1-ounce serving (edible portion as served) of meat, poultry, or fish; or 1 ounce of cheese; or 1 egg; or 2 tablespoons of peanut butter; or an equivalent amount of any combination of these foods.

Also, plan to include:

- Vitamin C foods frequently.
- Foods for iron each day.

See the *Menu Planning Guide for School Food Service*, PA 1260, for lists of these foods.



### Chart 3. CHILD CARE FOOD PROGRAM

This chart lists the amounts and types of foods to be served to children who are 1 year old and older.

## FOODS FOR CHILDREN

| <b>AGES 1 TO 12</b>                           | <b>Ages 1-3</b>       | <b>Ages 3-6</b>       | <b>Ages 6-12</b>    |
|---|-----------------------|-----------------------|---------------------|
| <b>BREAKFAST</b>                              |                       |                       |                     |
| Milk*   | ½ cup                 | ¾ cup                 | 1 cup               |
| Juice or Fruit or Vegetable                   | ¼ cup                 | ½ cup                 | ½ cup               |
| Bread or Bread Alternate                      | ½ slice**             | ½ slice**             | 1 slice**           |
| Including cereal, cold dry                    | ¼ cup or<br>1/3 ounce | 1/3 cup or<br>½ ounce | ¾ cup or<br>1 ounce |
| or cereal, hot cooked                         | ¼ cup                 | ¼ cup                 | ½ cup               |
| <b>SNACK (Supplement)</b>                     |                       |                       |                     |
| Select 2 out of the 4 components              |                       |                       |                     |
| Milk*   | ½ cup                 | ½ cup                 | 1 cup               |
| Juice or Fruit or Vegetable                   | ½ cup                 | ½ cup                 | ¾ cup               |
| Meat or Meat Alternate                        | ½ ounce               | ½ ounce               | 1 ounce             |
| Bread or Bread Alternate                      | ½ slice**             | ½ slice**             | 1 slice**           |
| Including cereal, cold dry                    | ¼ cup or<br>1/3 ounce | 1/3 cup or<br>½ ounce | ¾ cup or<br>1 ounce |
| or cereal, hot cooked                         | ¼ cup                 | ¼ cup                 | ½ cup               |
| <b>LUNCH or SUPPER</b>                        |                       |                       |                     |
| Milk*   | ½ cup                 | ¾ cup                 | 1 cup               |
| Meat or Poultry or Fish                       | 1 ounce               | 1½ ounces             | 2 ounces            |
| or egg  | 1                     | 1                     | 1                   |
| or cheese                                     | 1 ounce               | 1½ ounces             | 2 ounces            |
| or cooked dry beans or peas                   | ¼ cup                 | 3/8 cup               | ½ cup               |
| or peanut butter                              | 2 tablespoons         | 3 tablespoons         | 4 tablespoons       |
| Vegetables and/or Fruits (2 or more to total) | ¼ cup                 | ½ cup                 | ¾ cup               |
| Bread or Bread Alternate                      | ½ slice**             | ½ slice**             | 1 slice**           |

\*Includes whole milk, lowfat milk, skim milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State or local standards

\*\* or an equivalent serving of bread alternate such as a roll, biscuit, muffin, cooked enriched or whole-grain rice, macaroni, noodles, or other pasta products

# Chart 4. SUMMER FOOD SERVICE PROGRAM FOR CHILDREN

## FOODS FOR CHILDREN

**Ages 18 and under**

### BREAKFAST

Milk\*

1 cup  
(1/2 pint)

Juice or Fruit or Vegetable

1/2 cup

Bread or Bread Alternate

1 slice\*\*

including cereal, cold dry

3/4 cup or

1 ounce

or cereal, hot cooked

1/2 cup

### SNACK (Supplement)

Select 2 out of the 4 components

Milk\*

1 cup  
(1/2 pint)

Juice or Fruit or Vegetable

3/4 cup

Meat or Meat Alternate

1 ounce

Bread or Bread Alternate

1 slice\*\*

including cereal, cold dry

3/4 cup or

1 ounce

or cereal, hot cooked

1/2 cup

### LUNCH or SUPPER

Milk\*

1 cup  
(1/2 pint)

Meat or Poultry or Fish

2 ounces

or egg

1

or cheese

2 ounces

or cooked dry beans or peas

1/2 cup

or peanut butter

4 tablespoons

Vegetables and/or Fruits (2 or more to total)

3/4 cup

Bread or Bread Alternate

1 slice\*\*

\*Includes whole milk, lowfat milk, skim milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State or local standards

\*\* or an equivalent serving of bread alternate such as a roll, biscuit, muffin, cooked enriched or whole-grain rice, macaroni, noodles, or other pasta products

**Table 1**  
Abbreviations and Symbols

|            |                |              |             |             |            |
|------------|----------------|--------------|-------------|-------------|------------|
| <b>AP</b>  | as purchased   | <b>g</b>     | gram        | <b>Tbsp</b> | tablespoon |
| <b>EP</b>  | edible portion | <b>kg</b>    | kilogram    | <b>mL</b>   | milliliter |
| <b>cyl</b> | cylinder       | <b>fl oz</b> | fluid ounce | <b>L</b>    | liter      |
| <b>pkg</b> | package        | <b>pt</b>    | pint        | <b>incl</b> | including  |
| <b>wt</b>  | weight         | <b>qt</b>    | quart       | <b>excl</b> | excluding  |
| <b>lb</b>  | pound          | <b>gal</b>   | gallon      |             |            |
| <b>oz</b>  | ounce          | <b>tsp</b>   | teaspoon    |             |            |

**Chart 5. Common Can and Jar Sizes**

| Can Size<br>(industry<br>term) <sup>1</sup> | Average net weight of fluid<br>measure per can <sup>2</sup> |                          | Average volume per can |                    | Cans<br>per<br>case | Principal products  |
|---|---|--------------------------|------------------------|--------------------|---------------------|---|
|   | Customary   | Metric                   | Cups                   | Liters             | Number              |   |
| <b>No. 10</b>                               | 6 lb (96 oz)<br>to<br>7 lb 5 oz (117 oz)                    | 2.72 kg<br>to<br>3.31 kg | 12<br>to<br>13-2/3     | 2.84<br>to<br>3.24 | 6                   | <b>Institutional size:</b><br>Fruits, vegetables,<br>some other foods.  |
| <b>No. 3 Cyl</b>                            | 51 oz (3 lb 3 oz)<br>or<br>46 fl oz (1 qt 14<br>fl oz)      | 1.44 kg<br>or<br>1.36 L  | 5-3/4                  | 1.36               | 12                  | Condensed soups,<br>some vegetables,<br>meat and poultry<br>products, fruit<br>and vegetable<br>juices.         |
| <b>No. 2-1/2</b>                            | 26 oz (1 lb 10 oz)<br>to<br>30 oz (1 lb 14 oz)              | 737 g<br>to<br>850 g     | 3-1/2                  | 0.83               | 24                  | <b>Family size:</b><br>Fruits, some<br>vegetables.  |
| <b>No. 2 Cyl</b>                            | 24 fl oz  | 709 mL                   | 3                      | 0.71               | 24                  | Juices, soups.  |
| <b>No. 2</b>                                | 20 oz (1 lb 4 oz)<br>or<br>18 fl oz (1 pt 2<br>fl oz)       | 567 g<br>or<br>532 mL    | 2-1/2                  | 0.59               | 24                  | Juices, ready-to-<br>serve soups,<br>some fruits.   |
| <b>No. 303</b>                              | 16 oz (1 lb)<br>to<br>17 oz (1 lb 1 oz)                     | 453 g<br>to<br>481 g     | 2                      | 0.47               | 24 or<br>36         | <b>Small Cans:</b><br>Fruits and<br>vegetables, some<br>meat and poultry<br>products, ready-<br>to-serve soups. |
| <b>No. 300</b>                              | 14 oz<br>to<br>16 oz (1 lb)                                 | 396 g<br>to<br>453 g     | 1-3/4                  | 0.41               | 24                  | Some fruits and<br>meat products.   |
| <b>No. 2<br/>(vacuum)</b>                   | 12 oz   | 340 g                    | 1-1/2                  | 0.36               | 24                  | Principally vacuum<br>pack corn.  |
| <b>No. 1<br/>(picnic)</b>                   | 10-1/2 oz<br>to<br>12 oz                                    | 297 g<br>to<br>340 g     | 1-1/4                  | 0.30               | 48                  | Condensed soups,<br>some fruits,<br>vegetables, meat,<br>fish.  |
| <b>8 oz</b>                                 | 8 oz  | 226 g                    | 1*                     | 0.24               | 48 or<br>72         | Ready-to-serve<br>soups, fruits,<br>vegetables.   |

<sup>1</sup>C are industry terms and do not necessarily appear on the label.

<sup>2</sup>T; ight on can or jar labels differs according to the density of the contents. For example: A No. 10 can of sauerkraut weighs 6 lb 3 oz (2.81 kg); a No. 10 can of cranberry sauce weighs 7 lb 5 oz (3.32 kg). Meats, fish, and shellfish are known and sold by weight of contents.

**Table 2**  
**Guide for**  
**Substituting**  
**Cans**

|              | <b>CAN SIZE<br/>YOU HAVE</b> | <b>No. 10</b> | <b>No. 3 Cyl</b> | <b>No. 2-1/2</b> | <b>No. 2</b> | <b>No. 303</b> |
|--------------|------------------------------|---------------|------------------|------------------|--------------|----------------|
| <b>CAN</b>   | <b>No. 10</b>                | 1.0           | 2.1              | 3.7              | 5.3          | 6.5            |
| <b>SIZE</b>  | <b>No. 3 Cyl</b>             | 0.5           | 1.0              | 1.8              | 2.6          | 3.1            |
| <b>IN</b>    | <b>No. 2-1/2</b>             | 0.3           | 0.6              | 1.0              | 1.5          | 1.8            |
| <b>YIELD</b> | <b>No. 2</b>                 | 0.2           | 0.4              | 0.7              | 1.0          | 1.3            |
| <b>TABLE</b> | <b>No. 303</b>               | 0.2           | 0.3              | 0.6              | 0.8          | 1.0            |

To use table, find the column with the can size you have. Then, find the row with the can size given in the yield table. The number where the column and row intersect is the required number of cans of the size you have. As an example, you can use 1.5 No. 2 cans in place of each No. 2-1/2 can (see circled number in chart).

### Metric Equivalents

Since the appointment of the U.S. Metric Board of 1978 by the President of the United States, metric quantities have been increasingly used for food processing, packaging, and in specification writing. Therefore, the following table shows metric equivalents. This should help you become familiar with the relationship between metric and customary units.

**Table 3**

| <b>Weight</b>    |                 | <b>Volume</b>    |                      |
|------------------|-----------------|------------------|----------------------|
| <b>Customary</b> | <b>Metric</b>   | <b>Customary</b> | <b>Metric</b>        |
| 1 ounce          | 28 grams (g)    | 1 cup (8 fl oz)  | 237 milliliters (mL) |
| 4 ounces         | 113g            | 1 quart          | 946 mL               |
| 8 ounces         | 227g            | 1.05 quarts      | 1 liter (L)          |
| 1 pound (16 oz)  | 454g            |                  |                      |
| 2 pounds         | 907g            |                  |                      |
| 2.2 pounds       | 1 kilogram (kg) |                  |                      |

**Table 4**  
**Decimal Weight**  
**Equivalents**

| <b>Ounces</b> | <b>Pounds</b> | <b>Ounces</b> | <b>Pounds</b> |
|---------------|---------------|---------------|---------------|
| 1             | = 0.06        | 16            | = 1.00        |
| 2             | = .12         | 32            | = 2.00        |
| 3             | = .19         | 35            | = 2.19        |
| 4             | = .25         | 48            | = 3.00        |
| 5             | = .31         | 64            | = 4.00        |
| 6             | = .38         | 71            | = 4.44        |
| 7             | = .44         | 80            | = 5.00        |
| 8             | = .50         | 96            | = 6.00        |
| 9             | = .56         | 106           | = 6.63        |
| 10            | = .62         | 112           | = 7.00        |
| 11            | = .69         | 128           | = 8.00        |
| 12            | = .75         | 141           | = 8.82        |
| 13            | = .81         | 144           | = 9.00        |
| 14            | = .88         | 160           | = 10.00       |
| 15            | = .94         |               |               |

**Table 5**  
Volume  
Equivalents

|               |   |                    |          |   |                |
|---------------|---|--------------------|----------|---|----------------|
| 1 tablespochn | = | 3 teaspoons        | 7/8 cup  | = | 14 tablespoons |
| 1/8 cup       | = | 2 tablespoons      | 1 cup    | = | 16 tablespoons |
| 1/8 cup       | = | 1 fluid ounce      | 1/2 pint | = | 1 cup          |
| 1/4 cup       | = | 4 tablespoons      | 1/2 pint | = | 8 fluid ounces |
| 1/3 cup       | = | 5-1/3 tablespoons  | 1 pint   | = | 2 cups         |
| 3/8 cup       | = | 6 tablespoons      | 1 quart  | = | 2 pints        |
| 1/2 cup       | = | 8 tablespoons      | 1 gallon | = | 4 quarts       |
| 5/8 cup       | = | 10 tablespoons     | 1 peck   | = | 8 quarts (dry) |
| 2/3 cup       | = | 10-2/3 tablespoons | 1 bushel | = | 4 pecks        |
| 3/4 cup       | = | 12 tablespoons     |          |   |                |

**Table 6**  
Decimal Equivalents  
for Fractions of a Unit

|    | Number of units<br>(ounces, cups,<br>tablespoons, or<br>whatever) <sup>1</sup> |           |           |           |           |           |
|----|--|-----------|-----------|-----------|-----------|-----------|
|    | +0 unit  | +1/4 unit | +1/3 unit | +1/2 unit | +2/3 unit | +3/4 unit |
| 0  | —  | 0.02      | 0.02      | 0.03      | 0.04      | 0.05      |
| 1  | 0.06   | 0.08      | 0.08      | 0.09      | .10       | .11       |
| 2  | .12  | .14       | .15       | .16       | .17       | .17       |
| 3  | .19  | .20       | .21       | .22       | .23       | .23       |
| 4  | .25  | .27       | .27       | .28       | .29       | .30       |
| 5  | .31  | .33       | .33       | .34       | .35       | .36       |
| 6  | .38  | .39       | .40       | .41       | .42       | .42       |
| 7  | .44  | .45       | .46       | .47       | .48       | .48       |
| 8  | .50  | .52       | .52       | .53       | .54       | .55       |
| 9  | .56  | .58       | .58       | .59       | .60       | .61       |
| 10 | .62  | .64       | .65       | .66       | .67       | .67       |
| 11 | .69  | .70       | .71       | .72       | .73       | .73       |
| 12 | .75  | .77       | .77       | .78       | .79       | .80       |
| 13 | .81  | .83       | .83       | .84       | .85       | .86       |
| 14 | .88  | .89       | .90       | .91       | .92       | .92       |
| 15 | .94  | .95       | .96       | .97       | .98       | .98       |

<sup>1</sup>Read whole units at the side and the fraction or part of the unit at the top of the table. If the units are ounces, the decimal equivalents in the table are parts of 1 pound. If the units are tablespoons, the decimal equivalents are parts of 1 cup. If the units are cups, the decimal equivalents are parts of 1 gallon.

Examples:

**Ounces to pounds** To convert 10-1/2 ounces to the corresponding decimal equivalent of a pound, find 10 in the first column. Follow this line across to the column headed "+ 1/2 unit" which shows that 10-1/2 ounces is equal to .66 pound.

**Pounds to ounces** To convert 0.53 pound to ounces, find 0.53 in the body of the table. Read whole ounces from the left-most number of the same horizontal line, i.e., 8. Next, read the fraction of an ounce from the top number of the column in which 0.53 was found, i.e., 1/2. Thus, 0.53 pound equals 8-1/2 ounces.



## Measures for Portion Control

Scoops or dishers, ladles, and serving spoons of standard sizes are fairly dependable measures for portioning and serving food quickly. To assure that you get your expected yield, you must take care in portioning.

### Scoops or Dishers

You might use scoops or dishers for portioning such foods as drop cookies, muffins, meat patties, and some vegetables and salads.

The number on the scoop shows the number of scoopfuls to make 1 quart (946 milliliters). The following table shows the approximate measure of each scoop or disher in cups, tablespoons, and teaspoons.

---

| Scoop or<br>disher number | Level measure     |
|---------------------------|-------------------|
| 6                         | 2/3 cup           |
| 8                         | 1/2 cup           |
| 10                        | 3/8 cup           |
| 12                        | 1/3 cup           |
| 16                        | 1/4 cup           |
| 20                        | 3-1/5 tablespoons |
| 24                        | 2-2/3 tablespoons |
| 30                        | 2-1/5 tablespoons |
| 40                        | 1-3/5 tablespoons |
| 50                        | 3-4/5 teaspoons   |
| 60                        | 1 tablespoon      |

---

### Ladles

You may use ladles to serve soups, stews, creamed dishes, sauces, gravies, and other similar products.

The following sizes of ladles are most frequently used in serving school lunches.

---

| Number<br>on ladle | Approximate<br>measure |
|--------------------|------------------------|
| 1 ounce            | 1/8 cup                |
| 2 ounce            | 1/4 cup                |
| 4 ounce            | 1/2 cup                |
| 6 ounce            | 3/4 cup                |
| 8 ounce            | 1 cup                  |
| 12 ounce           | 1-1/2 cups             |

---

Although the ladles are labeled "ounce," they are actually "fluid ounce" which is a volume, not a weight, measurement.

### Serving Spoons

You may use a serving spoon (solid or perforated) instead of a scoop. Since these spoons are not identified by number, measure or weigh the quantity of food from the various sizes of spoons you use to obtain the number of spoonfuls you will need for the required serving size.

## Explanation of Yield Data Tables

Foods in this Guide are classified according to the appropriate food component in the meal patterns of the Child Nutrition Programs (see charts 1, 2, 3, and 4). These components are Meat and Meat Alternates, Vegetables and Fruits, Bread and Bread Alternates, and Milk. In addition, there is a section on commonly used "Other Foods."

The yield tables furnish the following information:

**Column 1 Food as purchased:** Individual foods are arranged in alphabetical order by type of food. For instance, ham is listed under PORK, MILD CURED. Within each type, foods are listed according to the forms in which they appear on the market—fresh, canned, frozen, or dehydrated. They are further identified as sliced, shelled, or without bone, for example.

**Column 2 Purchase unit:** The purchase unit for most foods is given as 1 pound. Purchase units for some processed foods also list an institutional pack and, in many cases, a smaller pack, and the net weight of its contents. You can use data on the 1-pound unit of purchase, along with chart 3, Common Can and Jar Sizes, to determine the number of servings for any size purchase unit on the market.

**Column 3 Servings per purchase unit:** This column shows the number of servings or portions of a given size from each pound (or other purchase unit). It is based on average yields from good quality foods prepared in ways that result in a minimum of waste. Numbers are given to one decimal because fractions become significant when figuring large numbers of servings. (It is because of the use of these figures, and not because the figures represent this degree of accuracy that they have been reported to the nearest 0.01 of a serving for less than 10 servings per purchase unit.) Numbers in this column are sometimes rounded down in order to help insure enough food for the desired number of servings.

**Column 4 Serving size or portion:** A serving or portion is described by weight, measure, or number of pieces or slices. Such items as a raw apple or a piece of cooked chicken are given an approximate yield in measure or weight in parentheses. The serving size given in this column for foods specified in the meal patterns can be credited toward meeting the meal pattern requirements. For many fruits and vegetables, both pieces and 1/4-cup servings are included. The serving size of some foods in the Guide will depend on whether they are used in recipes or as separate components.

**Column 5 Purchase units for 100 servings:** This column shows the number of purchase units you need for 100 servings. (The purchase unit listed in Column 2 and the serving size (by weight) listed in Column 4 were used to calculate the number of purchase units in Column 5.) Numbers in this column are generally rounded up to help insure enough food for the number of servings.

**Column 6 Additional yield information:** This column gives other information to help you calculate the amount of food you need to prepare. The quantity of ready-to-cook or cooked food you will get from a pound of food as purchased is shown for many foods. The weight or number of cups of drained vegetable or fruit from various can sizes is also given for many processed foods. Instructions follow on calculating the quantity of food to buy to provide the amount of ready-to-cook food called for in a recipe.

**NOTE:** Always round fractions of a quantity up to the next smallest practical measure, to be sure you prepare enough food.

**How to Use Additional  
Yield Information  
in Column 6**

Use the information in column 6 to determine about how much food is required for a specified amount of ready-to-cook or cooked food listed in a recipe. The information is also useful to determine the correct yields for foods purchased preprepared and ready to cook or use. This is especially useful for fresh fruits and vegetables. Follow this procedure:

1. Refer to the yield information for the food in column 6.
2. Divide the quantity used in the recipe (or purchased) by the quantity of ready-to-cook food obtained from 1 pound as purchased.
3. Multiply this calculated quantity by the servings per purchase unit (from column 3) for the form of the food as served.

---

**Example 1:**

A recipe for 100 servings of Apple-Peach Crisp specifies 4 pounds of raw, sliced, pared apples. To determine the pounds of fresh apples you need and the number of 1/4-cup servings of fruit (for crediting purposes) you will obtain from the apples, proceed as follows:

1. In column 6, page 60, of yield information for fresh apples, 1 pound AP\* (purchased whole) equals 0.78 pound ready-to-cook, pared apples.
2. Divide the number of pounds (4.0) of raw, sliced apples by the quantity of ready-to-cook apples obtained from 1 pound, as purchased (0.78 pound).

$$\frac{4.0 \text{ pounds}}{0.78 \text{ pound}} = 5.13 \text{ pounds of apples, rounded up to 5.25 pounds of fresh unpared apples}$$

3. Multiply 5.25 pounds x 6.8 1/4-cup servings per pound = 35.7 1/4-cup servings of fruit (6.8 1/4-cup servings per pound, on page 60, column 3, was used because the food as served is cooked. If the apples were to be used in a fruit salad, 11.4 1/4-cup servings per pound could be used for raw pared fruit).

---

\*As Purchased. See Abbreviations table on page 7 for other abbreviations used in the guide.

---

### Example 2:

You purchase shredded fresh iceberg lettuce, ready to use, in 10-pound bags. To determine the number of 1/4-cup servings (for crediting purposes) that are provided if you are serving the lettuce with dressing or without dressing, proceed as follows:

1. In column 6, page 86 of yield information for head lettuce, 1 pound AP = 0.76 pound ready-to-serve shredded lettuce.
2. Divide the number of pounds (10.0) of preprepared lettuce by the quantity of ready-to-serve lettuce obtained from 1 pound as purchased.

$$\frac{10 \text{ pounds}}{0.76 \text{ pound}} = 13.16 \text{ pounds, rounded up to } 13.25 \text{ pounds.}$$

In column 3, page 86, 1 pound as purchased of fresh lettuce provides 22.2 1/4-cup servings of shredded lettuce without dressing and 13.9 1/4-cup servings of lettuce with dressing.

3. Multiply 13.25 pounds x 22.2 1/4-cup servings per pound = 294.1 1/4-cup servings without dressing and 13.25 pounds x 13.9 1/4-cup servings per pound = 184.1 1/4-cup servings per pound with dressing.

---

### How to Calculate the Quantity of Food You Need

These methods will help you to adjust portion sizes and calculate servings to meet the basic minimum requirements.

#### Method I. (Use column 3)

1. Estimate the number of servings you need and the serving size for each food. Check the serving size listed in column 4 for the food.
2. Locate the food in the *Food Buying Guide* in the form you intend to serve.
3. Divide the number of servings needed by the number of servings you will get from one purchase unit (pound, can, etc.) to obtain the number of purchase units needed for that food. Round up to ensure enough food.

### For Serving Sizes Listed in the *Food Buying Guide*

For serving sizes listed in the *Food Buying Guide*:

Divide the number of people to be served by the number of servings you will get from one purchase unit (pound, can, etc.) to obtain the number of purchase units needed for that food.

Round up to ensure enough food.

---

**Example: Ground Beef, market style**

1. Assume you will need 60 1-1/2-ounce servings of cooked meat.
2. See **Ground Beef, market style** on page 26. The 1-1/2-ounce serving size is listed; therefore, no conversion is needed. From column 3, 1 pound of market style ground beef provides 7.4 1-1/2-ounce servings of cooked lean meat.
3. 
$$\frac{\text{Number of people to be served}}{\text{Servings per purchase unit}} = \frac{60}{7.4} = 8.1$$

Round up to 8.5 pounds. You will need about 8.5 pounds of market style ground beef for 60 1-1/2-ounce servings.

---

**Example: Cooked Carrot Slices**

1. Assume you will need 195 1/4-cup servings of cooked carrot slices.
2. See **Carrots, fresh - cooked vegetable slices** on page 75. The 1/4-cup serving is listed; therefore, no conversion is needed. From column 3, 1 pound of fresh carrots provides 8.4 1/4-cup servings of cooked sliced carrots.
3. 
$$\frac{\text{Number of people to be served}}{\text{Servings per purchase unit}} = \frac{195}{8.4} = 23.2$$

Round up to 23-1/2 pounds. You will need about 23-1/2 pounds of fresh carrots for 195 1/4-cup servings of cooked carrot slices.

---



For Serving  
Sizes Not  
Listed in  
the *Food Buying  
Guide*

Meat and  
Meat Alternates

For serving sizes not listed in this *Food Buying Guide* or for multiple serving sizes, you first need to convert your desired serving size(s) to those listed in the *Food Buying Guide*. Then divide by the number of servings obtained from one purchase unit to obtain the number of purchase units needed. Round up to ensure enough food.

(a) meat, poultry, fish, cheese:

Multiply the number of people to be served times the serving size(s) (in ounces) to get total ounces needed.

---

**Example: Beef Roast - Round, Without Bone**

1. Assume you will need 45 1-1/2-ounce servings and 30 2-ounce servings of cooked meat.
2. See **Beef, Fresh or Frozen - Roast, Round, Without Bone** on page 27. From column 3, 1 pound provides 9.7 1-ounce servings. Since you need multiple serving sizes, multiply the number of people in each group by the serving size for that group:

$$\begin{array}{rcl} 45 \text{ servings} \times 1.5 \text{ oz} & = & 67.5 \text{ ounces} \\ 30 \text{ servings} \times 2.0 \text{ oz} & = & 60 \text{ ounces} \\ & & \hline & & 127.5 \text{ ounces} \end{array}$$

You need a total of 127.5 ounces of cooked meat.

$$\begin{array}{rcl} 3. \text{ Number of 1-ounce servings needed} & = & \frac{127.5}{9.7} = 13.14 \\ \text{Servings per purchase unit} & & \end{array}$$

Round up to 13-1/2 pounds meat.

You will need about 13-1/2 pounds of raw beef round roast, without bone, for the required serving sizes for the 75 people.

---

b) Cooked dry beans or peas:

Convert each serving size to the number of 1/4-cup servings. This is done by dividing each serving size by 1/4 and multiplying the result by the number of people to be served to get the number of 1/4-cup servings needed. (You may wish to change the fractions to decimals. Check table 7 on page 20 for decimal equivalents of commonly used fractions.)

For multiple serving sizes, convert each one to 1/4-cup servings and add the results to obtain the total 1/4-cup servings.

---

**Example: Canned Baked Beans**

1. Assume you will need 120 3/8-cup servings.
2. See Beans (baked or in sauce) on page 24. Since a 3/8-cup serving is not listed, convert to 1/4-cup servings. Divide 3/8 by 1/4. ( $3/8 = .375$ ,  $1/4 = .25$ ).

$$\begin{array}{r} .375 \\ \underline{.25} \end{array} = 1.5$$

Multiply the factor (1.5) by the number of people to be served (120).  
 $1.5 \times 120 = 180$  1/4-cup servings.

See column 3 on page 24. One No. 10 can provides 48.9 1/4-cup servings.

$$\begin{array}{r} \text{3. Number of people to be served} \\ \hline \text{Servings per purchase unit} \end{array} = \frac{180}{48.9} = 3.68$$

Round up to 3-3/4 No. 10 cans. You will need about 3-3/4 No. 10 cans of baked beans for 120 3/8-cup servings.

NOTE: If No. 303 (16 oz) cans are preferred, use the servings per purchase unit for that size can.

---

**(c) Peanut Butter:**

Multiply the number of people to be served times the number of tablespoons for each serving to get the total number of tablespoons needed. Divide this number by 2 to get the total number of 2-tablespoon servings needed.

Divide the number of 2-tablespoon servings needed by the number of servings per purchase unit (column 3) to obtain the number of purchase units needed. Round up.

**(d) Eggs:**

Multiply the number of people to be served times the serving size(s) (in ounces) to get total ounces needed. Divide this number by 2 to get total number of eggs needed.

**Vegetables  
and Fruits**

Convert each serving size to the number of 1/4-cup servings. To do this, divide each serving size by 1/4 and multiply the result by the number of people to be served.

For multiple serving sizes, convert each one to 1/4-cup servings and add the results to obtain the total 1/4-cup servings.

---

**Example: Regular Crinkle Cut French Fries**

1. Assume you will need 45 1/2-cup servings of french fries.
2. See **Frozen French Fries, Regular Crinkle cut** on page 101. From column 3, 1 pound provides 10.1 1/4-cup servings.  
Since 1/2-cup serving is not listed, convert to 1/4-cup servings.

$$\begin{array}{r} \text{Divide } 1/2 \text{ by } 1/4 \text{ or } .5 \\ \hline .25 \\ \hline 2 \end{array}$$

Multiply the factor (2) by the number of people to be served (45).

$$45 \times 2 = 90 \text{ 1/4-cup servings.}$$

3. Divide the number of people to be served (90) by the servings per purchase unit (10.1) to get the pounds of french fries needed.

$$\begin{array}{r} \text{Number of people to be served} \\ \hline \text{Servings per purchase unit} \end{array} = \frac{90}{10.1} = 8.9 \text{ pounds}$$

Round up to 9 pounds. You will need about 9 pounds of regular crinkle cut french fries for 45 1/2-cup servings.

---

**Cereals and  
Cereal Grains**

Convert each serving size of cooked cereals or cereal grains to the number of 1/2-cup servings (see **Vegetables and Fruits** for instructions on how to convert) and add the results to get the total number of 1/2-cup servings (1/2-cup of cooked cereal or cereal grains is equivalent to 1 serving of bread).

Cold dry cereals vary greatly in number of serving sizes per pound or package. Check the cereal box for the number and/or size of servings.

## Method II (Use column 5)

You may use the purchase unit for 100 servings in column 5 to determine how much of each food you need to prepare a specified number of servings of a given size.

- A. Estimate the total number of people in each age group expected to eat that food item.
- B. Multiply the number in each group by the serving size to determine the amount you need for that age group.
- C. Add together those amounts to determine the total quantity. (Meat is in ounces, vegetables and fruits are in 1/4-cup servings, and bread is in servings or equivalents.)
- D. Multiply the total quantity needed by the purchase unit for 100 servings indicated in column 5 and divide the answer by 100.

---

**Example 1. Assume you need enough meat loaf for 325 people. They are distributed as follows:**

| Group                    | Number | Serving Size | Total    |
|--------------------------|--------|--------------|----------|
| Group III (5 to 8 years) | 153    | 1-1/2 oz     | 229.5 oz |
| Group IV (9 and over)    | 157    | 2 oz         | 314.0 oz |
| Group V (12 and over)    | 15     | 3 oz         | 45.0 oz  |
| Total                    |        |              | 588.5 oz |

According to the yield table, you need 9.0 pounds of ground beef (market style) for 100 1-ounce servings of meat loaf.

$$588.5 \times 9.0 \div 100 = 52.9 \text{ pounds.}$$

Thus, you need 53 (rounded up) pounds market style ground beef for the meat loaf.

---

**Example 2. Assume you need enough frozen cut green beans to serve the same 325 people.**

| Group                    | Number | Serving Size | Total                                |
|--------------------------|--------|--------------|--------------------------------------|
| Group III (5 to 8 years) | 153    | 1/8 cup      | 19.125 cups                          |
| Group IV (9 and over)    | 157    | 1/4 cup      | 39.25 cups                           |
| Group V (12 and over)    | 15     | 1/4 cup      | 3.75 cups                            |
| Total                    |        |              | 62.125 cups<br>or 248.50<br>1/4 cups |

According to the yield table, you need 8.7 pounds of frozen cut green beans for 100 1/4-cup servings of cooked beans.

$$248.50 \times 8.7 \div 100 = 21.6 \text{ pounds.}$$

Thus, you need 21 pounds 12 ounces frozen cut green beans for the lunch.

## How to Make Cost Comparisons

You can compare the cost per serving for food purchased in different forms by using the numbers in Column 5.

- A. Refer to the information in Column 5 for the item.
- B. Divide by 100 by moving the decimal two places to the left.
- C. Multiply this number by cost of one purchase unit.
- D. Repeat calculations for other market forms and compare.

### Example. Cut green beans

| Form purchased         | Cost per pound | Number of purchase units to serve 100 | Calculations      | Cost per serving |
|------------------------|----------------|---------------------------------------|-------------------|------------------|
| Fresh green beans      | \$0.30         | 9.0                                   | $.090 \times .30$ | \$0.027          |
| Canned cut green beans | .24            | 14.0                                  | $.140 \times .24$ | .034             |
| Frozen cut green beans | .36            | 8.7                                   | $.087 \times .36$ | .031             |

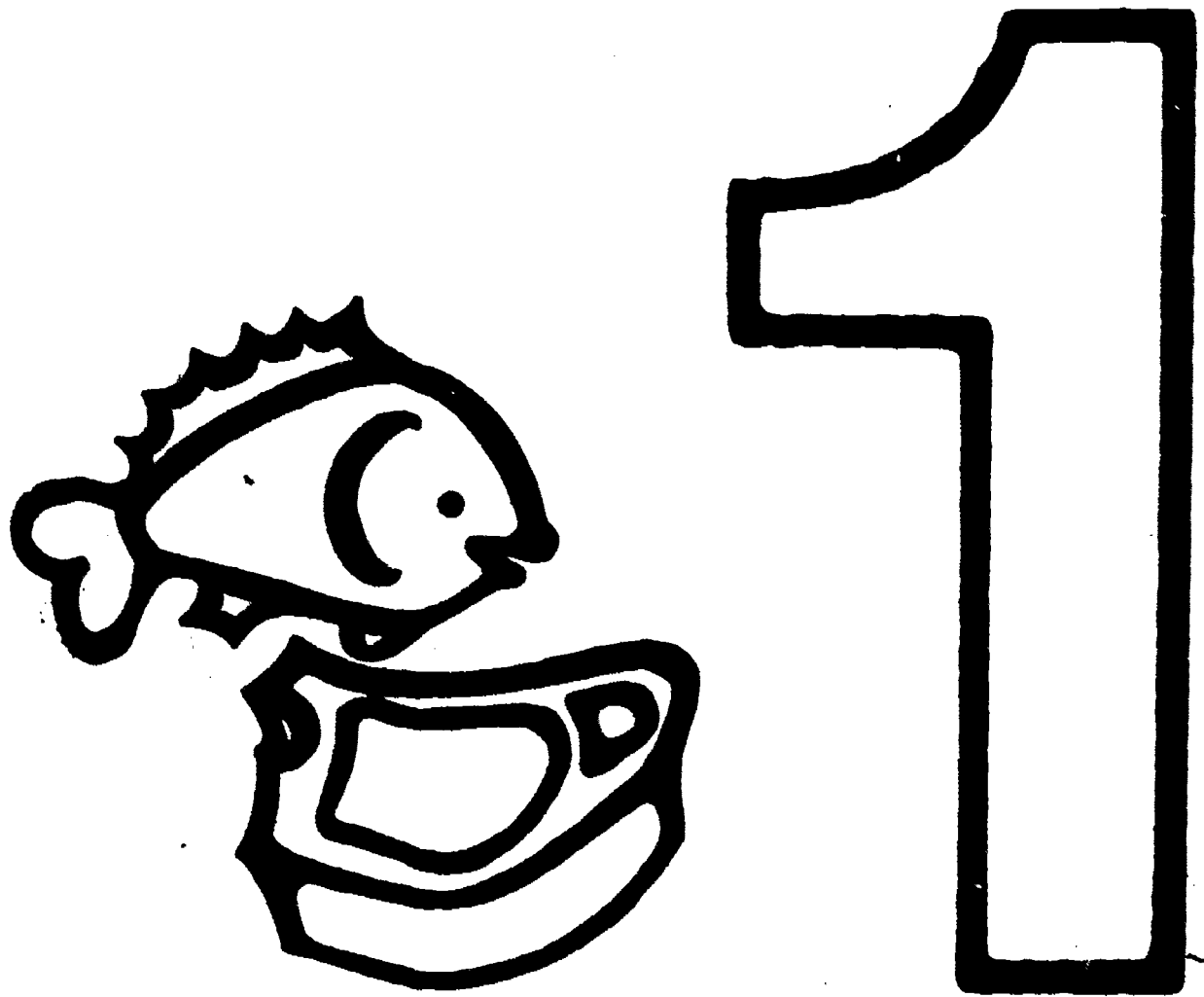
Thus, based on food costs, fresh green beans are the most economical. Of course, this does not consider your labor cost.

Table 7

### DECIMAL EQUIVALENTS OF COMMONLY USED FRACTIONS

|              |              |              |
|--------------|--------------|--------------|
| $1/8 = .125$ | $1/3 = .33$  | $2/3 = .67$  |
| $1/4 = .25$  | $1/2 = .5$   | $3/4 = .75$  |
| $3/8 = .375$ | $5/8 = .625$ | $7/8 = .875$ |





## MEAT/MEAT ALTERNATES

- 22 Meat and Meat Alternates for the Child Nutrition Programs
- 22 Definition of Terms
- 23 Yields
- 23 Instructions for Using Yield Data
- 24 Yield Data Table for Meat and Meat Alternates

## **Section 1, Meat and Meat Alternates for the Child Nutrition Programs**

Regulations for the Child Nutrition Programs require that a lunch or supper served must contain the amount of meat or meat alternate given in the Meal Pattern Charts on pages 3, 5, 6, and 7. Meat or meat alternate may be served as one of the two components or as a snack for the Child Care or Summer Food Service Program. Meat and meat alternates include meat, poultry, fish, cheese, dry beans and peas, eggs, and peanut butter.

Enriched macaroni-type products with fortified protein, textured vegetable protein products, and cheese alternate products may be counted as meeting part of the meat and meat alternate requirement. For detailed information and assistance on the proper use of these products, contact your Food and Nutrition Service Regional Office (FNSRO) and/or State agency.

- The meat or meat alternate for the lunch or supper must be served in the main dish or in the main dish and one other menu item.

This section contains yield data on:

- Servings of fresh and frozen boneless meat, poultry, and fish, given in 1- and 1-1/2 - ounce servings.
- Servings of dry beans and peas, and peanut butter in measures equivalent to 1 and 1-1/2 ounce of meat. Eggs are expressed in 2-ounce equivalents.
- USDA-donated foods that are purchased under special specifications, such as canned and frozen meats. These products, not normally available on the market, are listed as "USDA-donated (special purchase)."
- Standard commercially prepared combination foods, including canned and frozen meat and poultry products which will provide at least 1 ounce of cooked meat or poultry per average-size serving, canned bean soup which contains 1/2 cup beans per cup of soup, and canned pea soup which contains 1/2 cup peas per cup of soup.
- A serving of cooked meat is understood to be lean meat without bone.
- A serving of cooked fresh or frozen chicken or turkey includes meat and skin as normally served unless otherwise indicated.
- "USDA-donated (special purchase)" applies only to USDA-donated foods that are not normally available on the market.
- "Market style or market pack" refers to foods available on the market, but the term is used only when necessary to distinguish special-purchase foods from regular market foods.

### **Definitions**

## Yields

**Standard commercially prepared combination foods:** The yields for commercially prepared combination foods listed under Chicken Products (and Beef or Turkey Products) are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection. The size serving listed for these products will provide at least an equivalent ounce of cooked meat or poultry.

**Breaded fish portions or sticks:** Yields are based on raw fish portions or sticks and the amount of fish in the product. "Precooked" seafood is not cooked; only the breading or batter is cooked. The fish is raw. For crediting purposes, the calculations were done on raw fish before the breading or batter was cooked.

Yields of cooked meat and poultry will vary with type, age, fat content, and weight of the animal, and the method, time, and temperature of cooking. The quantities of food to purchase are based on average yields of cooked meat and poultry.

## Instructions for Using Yield Data

The yield information is presented in tabular form for easy reference. The columns are numbered 1 through 6 as follows:

**Column 1 Food as purchased:** The individual foods are arranged in alphabetical order by source (for example, ham is listed under PORK, MILD CURED). Other characteristics are given, such as fat content, with or without bone, percent of fish in fish products, and weight of individual pieces of chicken.

**Column 2 Purchase unit:** The purchase unit is generally given as either a pound, a No. 10 can, and, in many cases, a smaller size can.

**Column 3 Servings per purchase unit:** This column shows the number of 1- or 1-1/2 ounce lean meat equivalent servings you will get from each purchase unit. Numbers in this column are sometimes rounded down in order to help insure enough food for the number of servings.

**Column 4 Serving size or portion and contribution to the meal pattern:** The size of a serving is given as 1 or 1-1/2 ounce cooked lean meat or equivalent (1/2 cup or 3/8 cup of cooked beans or peas, 1 or 1-1/2 ounce of cheese, 1 egg (2 ounces), or 2 or 3 tablespoons of peanut butter). Individual servings such as meat patties, frankfurters, chicken pieces, or fish portions are listed by the piece along with the equivalent ounces of lean meat given in parentheses under the portion size. When portion size and contribution to the meal pattern are the same, only one entry is made.

**Column 5 Purchase units for 100 servings:** This column shows the number of purchase units you need for 100 servings. Numbers in this column are generally rounded up in order to help insure enough food for the number of servings.

**Column 6 Additional yield information:** This column gives other information to help you calculate the amount of food you need to prepare meals. It shows the amount of cooked meat you will get from 1 pound of meat as purchased.

**BEANS, DRY —  
DRY BEANS, CANNED**

| Meat and Meat Alternates   |                           |                                  |  |                                       |  |
|--|---------------------------|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased  | 2.<br>Purchase unit       | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                                   |
| <b>BEANS, DRY</b>  |                           |                                  |  |                                       |  |
| <b>BEAN SOUP, CANNED</b>   |                           |                                  |  |                                       |  |
| Condensed<br>(1 part soup to 1 part water)                       | No. 3 Cyl<br>(54 oz)      | 23.0                             | ½ cup reconstituted<br>(¼ cup cooked beans)                            | 4.4                                   | Reconstitute<br>1 part soup<br>with not more<br>than 1 part<br>water |
|  | Pound                     | 6.8                              | ½ cup reconstituted<br>(¼ cup cooked beans)                            | 14.7                                  |  |
| Ready-to-serve   | 8 oz can                  | 1.0                              | 1 cup serving<br>(½ cup cooked beans)                                  | 100.0                                 |  |
| <b>DRY BEANS</b>   |                           |                                  |  |                                       |  |
| Blackeye beans<br>(or peas)                                      | Pound                     | 28.3                             | ¼ cup cooked beans   | 3.6                                   | 1 lb dry =<br>about 2¾ cup   |
| Garbanzo (chickpeas)   | Pound                     | 24.6                             | ¼ cup cooked beans   | 4.1                                   | 1 lb dry =<br>about 2½ cup   |
| Great Northern   | Pound                     | 25.5                             | ¼ cup cooked beans   | 4.0                                   | 1 lb dry =<br>about 2½ cup   |
| Kidney   | Pound                     | 24.8                             | ¼ cup cooked beans   | 4.1                                   | 1 lb dry =<br>about 2½ cup   |
| Lima<br>Large  | Pound                     | 27.0                             | ¼ cup cooked beans   | 3.7                                   | 1 lb dry =<br>about 2-5/8 cup  |
| Small  | Pound                     | 23.4                             | ¼ cup cooked beans   | 4.3                                   | 1 lb dry =<br>about 2-3/8 cup  |
| Mung   | Pound                     | 28.1                             | ¼ cup cooked beans   | 3.6                                   | 1 lb dry =<br>about 2¼ cup   |
| Navy (pea)   | Pound                     | 23.9                             | ¼ cup cooked beans   | 4.2                                   | 1 lb dry =<br>about 2¼ cup   |
| Pinto  | Pound                     | 24.9                             | ¼ cup cooked beans   | 4.1                                   | 1 lb dry =<br>about 2-3/8 cup  |
| Soybeans   | Pound                     | 25.9                             | ¼ cup cooked beans   | 3.9                                   | 1 lb dry =<br>about 2½ cup   |
| <b>DRY BEANS, CANNED</b>   |                           |                                  |  |                                       |  |
| <b>BEANS (baked or in<br/>sauce— includes<br/>refried beans)</b> | No. 10<br>can<br>(110 oz) | 48.9                             | ¼ cup cooked<br>beans  | 2.1                                   |  |
|  | No. 2½<br>can<br>(30 oz)  | 13.3                             | ¼ cup cooked<br>beans  | 7.5                                   |  |

# **DRY BEANS, CANNED —**

## **Meat and Meat Alternates**

| 1.<br>Food as purchased                | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                   |
|--|---------------------------|---|---|--|---|
|  | No. 300<br>can<br>(16 oz) | 7.1                                       | ¼ cup cooked<br>beans   | 14.1   |   |
| BEANS WITH BACON<br>IN SAUCE           | Pound                     | 4.7                                       | 3/8 cup serving<br>(about ¼ cup<br>cooked beans)                                | 21.0   |   |
| BEANS WITH<br>FRANKFURTERS<br>IN SAUCE | Pound                     | 5.3                                       | 1/3 cup serving<br>(about 1.0 oz meat/<br>meat alternate)                       | 18.8   |   |
| BLACK EYE BEANS<br>or (Peas)           | No. 10<br>can<br>(105 oz) | 43.0                                      | ¼ cup heated<br>drained beans   | 2.4  | 1 can = about<br>72 oz (11-3/8<br>cup) drained<br>beans |
|  | No. 303<br>can<br>(16 oz) | 6.5                                       | ¼ cup heated<br>drained beans   | 15.3   |   |
| GARBANZO<br>(Chickpeas)                | No. 10<br>can<br>(106 oz) | 47.7                                      | ¼ cup drained<br>beans  | 2.1  |   |
|  | Pound                     | 7.2                                       | ¼ cup drained<br>beans  | 13.9   |   |
|  | No. 300<br>can<br>(15 oz) | 6.7                                       | ¼ cup drained<br>beans  | 14.8   |   |
| KIDNEY                                 | No. 10<br>can<br>(108 oz) | 41.9                                      | ¼ cup heated<br>drained beans   | 2.4  | 1 can = about<br>72 oz (11 ½<br>cup) drained<br>beans   |
|  | No. 303<br>can<br>(16 oz) | 6.2                                       | ¼ cup heated<br>drained beans   | 16.1   |   |
| LIMA                                   | No. 10<br>can<br>(105 oz) | 41.0                                      | ¼ cup heated<br>drained beans   | 2.5  | 1 can = about<br>72 oz (11 ¾<br>cup) drained<br>beans   |
|  | No. 303<br>can<br>(16 oz) | 6.2                                       | ¼ cup heated<br>drained beans   | 16.0   |   |



**DRY BEANS, CANNED —  
BEEF, FRESH OR FROZEN**

| Meat and Meat Alternates  |                     |                                  |  |                                       |  |
|---|---------------------|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased   | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information             |
| PINTO   | No. 10 can (108 oz) | 43.3                             | ¼ cup heated drained beans   | 2.4                                   | 1 can = about 93 oz (11-5/8 cup) drained beans |
|   | No. 303 can (16 oz) | 6.4                              | ¼ cup heated drained beans   | 15.6                                  |  |
| <b>BEEF, FRESH OR FROZEN</b>  |                     |                                  |  |                                       |  |
| BRISKET, CORNED (without bone)  | Pound               | 6.7                              | 1 oz cooked lean meat  | 14.9                                  | 1 lb AP = 0.42 lb cooked lean meat             |
|   |                     | 4.4                              | 1½ oz cooked lean meat   | 22.4                                  |  |
| BRISKET, FRESH (without bone)   | Pound               | 7.3                              | 1 oz cooked lean meat  | 13.6                                  | 1 lb AP = 0.46 lb cooked lean meat             |
|   |                     | 4.9                              | 1½ oz cooked lean meat   | 20.4                                  |  |
| GROUND BEEF Market Style* (no more than 30 percent fat)   | Pound               | 11.2                             | 1 oz cooked lean meat  | 9.0                                   | 1 lb AP = 0.70 lb cooked meat                  |
|   |                     | 7.4                              | 1½ oz cooked lean meat   | 13.4                                  |  |
| USDA-donated (special purchase)** (no more than 24 percent fat)                                 | Pound               | 11.6                             | 1 oz cooked lean meat  | 8.6                                   | 1 lb AP = 0.73 lb cooked meat                  |
|   |                     | 7.7                              | 1½ oz cooked lean meat   | 12.9                                  |  |
| GROUND BEEF PATTIES, FROZEN***<br>USDA-donated (special purchase) (no more than 24 percent fat) | Pound               | 5.3                              | 1 portion (3 oz raw) (2.0 oz cooked meat)                              | 18.8                                  |  |

\* Ground Beef, Market style (no more than 30 percent fat) is based on USDA, FSQS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

\*\* Ground Beef, USDA-donated (special purchase), frozen (no more than 24 percent fat) is based on Schedule AA-July 1980 USDA Specification for Frozen Ground Beef.

\*\*\* Based on Schedule BP—September 1979 USDA Specification for Frozen Ground Beef Patties.

**BEEF, FRESH OR FROZEN**

Meat and Meat Products

| 1.<br>Food as purchased           | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information    |
|-----------------------------------|------------------------|---|---|--|--|
| HEART<br>(trimmed)                | Pound                  | 7.0                                       | 1 oz cooked lean<br>meat  | 14.2   | 1 lb AP = 0.44<br>lb cooked heart        |
|                                   |                        | 4.6                                       | 1½ oz cooked<br>lean meat   | 21.4   |  |
| KIDNEY<br>(trimmed)               | Pound                  | 8.6                                       | 1 oz cooked lean<br>meat  | 11.6   | 1 lb AP = 0.54<br>lb cooked<br>kidney    |
|                                   |                        | 5.7                                       | 1½ oz cooked lean<br>meat   | 17.4   |  |
| LIVER<br>(trimmed)                | Pound                  | 11.2                                      | 1 oz cooked lean<br>meat  | 9.0  | 1 lb AP = 0.70<br>lb cooked liver        |
|                                   |                        | 7.4                                       | 1½ oz cooked<br>lean meat   | 13.4   |  |
| ROASTS<br>Chuck<br>(without bone) | Pound                  | 9.6                                       | 1 oz cooked lean<br>meat  | 10.5   | 1 lb AP = 0.60<br>lb cooked lean<br>meat |
|                                   |                        | 6.4                                       | 1½ oz cooked<br>lean meat   | 15.7   |  |
| (with bone)                       | Pound                  | 7.2                                       | 1 oz cooked lean<br>meat  | 13.9   | 1 lb AP = 0.45<br>lb cooked lean<br>meat |
|                                   |                        | 4.8                                       | 1½ oz cooked<br>lean meat   | 20.9   |  |
| Round<br>(without bone)           | Pound                  | 9.7                                       | 1 oz cooked lean<br>meat  | 10.3   | 1 lb AP = 0.61<br>lb cooked lean<br>meat |
|                                   |                        | 6.5                                       | 1½ oz cooked<br>lean meat   | 15.4   |  |
| Rump<br>(without bone)            | Pound                  | 9.9                                       | 1 oz cooked lean<br>meat  | 10.1   | 1 lb AP = 0.62<br>lb cooked lean<br>meat |
|                                   |                        | 6.6                                       | 1½ oz cooked<br>lean meat   | 15.2   |  |

**BEEF, FRESH OR FROZEN —  
BEEF PRODUCTS, CANNED OR FROZEN**

**Meat and Meat Alternates**

| 1.<br>Food as purchased                    | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information    |
|--|------------------------|---|---|--|--|
| <b>STEAKS</b><br>Flank                     | Pound                  | 10.7                                      | 1 oz cooked lean<br>meat  | 9.4  | 1 lb AP = 0.67<br>lb cooked lean<br>meat |
|  |                        | 7.1                                       | 1½ oz cooked<br>lean meat   | 14.0   |  |
|  | Pound                  | 9.4                                       | 1 oz cooked lean<br>meat  | 10.6   | 1 lb AP = 0.59<br>lb cooked lean<br>meat |
|  |                        | 6.2                                       | 1½ oz cooked<br>lean meat   | 5.9  |  |
| <b>STEW MEAT</b>                           | Pound                  | 8.9                                       | 1 oz cooked lean<br>meat  | 11.2   | 1 lb AP = 0.56<br>lb cooked lean<br>meat |
|  |                        | 5.9                                       | 1½ oz cooked<br>lean meat   | 16.8   |  |
| <b>TONGUE</b>                              | Pound                  | 9.2                                       | 1 oz cooked lean<br>meat  | 10.8   | 1 lb AP = 0.58<br>lb cooked<br>tongue    |
|  |                        | 6.1                                       | 1½ oz cooked<br>lean meat   | 16.2   |  |
| <b>BEEF PRODUCTS,<br/>CANNED OR FROZEN</b> |                        |   |   |  |  |
| BARBECUE SAUCE<br>WITH BEEF                | Pound                  | 5.3                                       | 1/3 cup serving<br>(about 1 oz<br>cooked meat)                                  | 18.8   | 1 lb AP = 0.35<br>lb cooked meat         |
| BEEF AND GRAVY<br>WITH DUMPLINGS *         | Pound                  | 2.3                                       | ¾ cup serving<br>(about 1.2 oz<br>cooked meat)                                  | 42.2   | 1 lb AP =<br>0.18 lb cooked<br>meat      |
| BEEF GOULASH *                             | Pound                  | 2.3                                       | ¾ cup serving<br>(about 1.2 oz<br>cooked meat and<br>¼ cup vegetable)           | 42.2   | 1 lb AP =<br>0.18 lb cooked<br>meat      |
| BEEF HASH                                  | Pound                  | 5.3                                       | 1/3 cup serving<br>(about 1 oz<br>cooked meat and<br>1/8 cup vegetable)         | 18.8   | 1 lb AP =<br>0.35 lb cooked<br>meat      |

\*Yield based on the use of raw beef with a maximum of 30%

# BEEF PRODUCTS, CANNED OR FROZEN

Meat and Meat Alternates

| 1.<br>Food as purchased   | 2.<br>Purchase<br>unit      | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|---|-----------------------------|---|---|--|---------------------------------------|
| BEEF SALAD  | Pound                       | 5.3                                       | 1/3 cup serving<br>(about 1 oz<br>cooked meat)                                  | 18.8   | 1 lb AP =<br>0.35 lb cooked<br>meat   |
| BEEF STEW*  | Pound                       | 2.3                                       | 3/4 cup serving<br>(about 1.2 oz<br>cooked meat and<br>1/4 cup vegetable)       | 42.2   | 1 lb AP =<br>0.18 lb cooked<br>meat   |
| BEEF TACO FILLING*  | Pound                       | 3.5                                       | 1/2 cup serving<br>(about 1.2 oz<br>cooked meat)                                | 28.2   | 1 lb AP =<br>0.28 lb cooked<br>meat   |
| BEEF WITH BARBECUE<br>SAUCE   | Pound                       | 5.3                                       | 1/3 cup serving<br>(about 1.5 oz<br>cooked meat)                                | 18.8   | 1 lb AP =<br>0.50 lb cooked<br>meat   |
| BEEF WITH GRAVY<br>CANNED   | Pound                       | 5.3                                       | 1/3 cup serving<br>(about 1.5 oz<br>cooked meat)                                | 18.8   | 1 lb AP =<br>0.50 lb cooked<br>meat   |
| BEEF WITH NATURAL<br>JUICES**<br>CANNED<br>USDA-donated<br>(special purchase) | No. 2 1/2<br>can<br>(29 oz) | 14.7                                      | 1 oz heated meat  | 6.8  |                                       |
|   |                             | 9.8                                       | 1 1/2 oz heated meat  | 10.2   |                                       |
|   | Pound                       | 8.1                                       | 1 oz heated meat  | 12.3   | 1 lb AP =<br>0.51 lb heated<br>meat   |
|   |                             | 5.4                                       | 1 1/2 oz heated<br>meat   | 18.4   |                                       |
| CHILI CON CARNE*  | Pound                       | 2.3                                       | 3/4 cup serving<br>(about 1.8 oz<br>cooked meat)                                | 42.2   | 1 lb AP =<br>0.28 lb cooked<br>meat   |
| CHILI CON CARNE<br>WITH BEANS*  | Pound                       | 3.5                                       | 1/2 cup serving<br>(about 1.4 oz<br>meat/meat<br>alternate)                     | 28.2   |                                       |

\*Yield based on the use of raw beef with a maximum of 30% fat.

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\*\*Based on Schedule BJ—December 1982 USDA Specification for Beef with Natural Juices, Canned.

# BEEF PRODUCTS, CANNED OR FROZEN — CHEESE

## Meat and Meat Alternates

| 1.<br>Food as purchased   | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|---|------------------------|---|---|--|---------------------------------------|
| CORNED BEEF AND<br>CABBAGE  | Pound                  | 3.5                                       | ½ cup serving<br>(about 1 oz<br>cooked meat<br>and ¼ cup<br>vegetable)          | 28.2   | 1 lb AP =<br>0.25 lb cooked<br>meat   |
| CORNED BEEF HASH  | Pound                  | 5.3                                       | 1/3 cup serving<br>(about 1 oz<br>cooked meat<br>and 1/8 cup<br>vegetable)      | 18.8   | 1 lb AP =<br>0.35 lb cooked<br>meat   |
| GRAVY AND BEEF  | Pound                  | 5.3                                       | ½ cup serving<br>(about 1 oz cooked<br>meat)                                    | 18.8   | 1 lb AP =<br>0.35 lb cooked<br>meat   |
| GRAVY AND<br>SWISS STEAK  | Pound                  | 5.3                                       | ½ cup serving<br>(about 1 oz<br>cooked meat)                                    | 18.8   | 1 lb AP =<br>0.35 lb cooked<br>meat   |
| SWISS STEAK<br>WITH GRAVY   | Pound                  | 5.3                                       | ½ cup serving<br>(about 1.5 oz<br>cooked meat)                                  | 18.8   | 1 lb AP =<br>0.50 lb cooked<br>meat   |
| <b>CHEESE</b>   |                        |   |   |  |                                       |
| AMERICAN, CHEDDAR,<br>MOZZARELLA,<br>OR SWISS<br>(natural or process) | Pound                  | 16.0                                      | 1 oz cheese   | 6.3  | 1 lb = about<br>4 cup shredded        |
|   |                        | 10.6                                      | 1½ oz cheese  | 9.4  |                                       |
| COTTAGE OR<br>RICOTTA   | Pound                  | 8.0                                       | 2 oz serving -<br>about ¼ cup<br>(1 oz meat<br>alternate)                       | 12.5   | 1 lb cheese =<br>about 2 cup          |
|   |                        | 5.3                                       | 3 oz serving-<br>about 3/8<br>cup (1½ oz<br>meat alternate)                     | 18.8   |                                       |

**CHEESE —  
CHICKEN, FRESH OR FROZEN**

| Meat and Meat Alternates                                   |                        |   |   |  |  |
|--|------------------------|---|---|--|--|
| 1.<br>Food as purchased                                    | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                    |
| PARMESAN OR<br>ROMANO<br>(grated)                          | Pound                  | 16.0                                      | 3/8 cup serving<br>(1 oz cheese)  | 6.3  | 1 lb = about<br>5 <sup>2</sup> / <sub>3</sub> cup        |
|  |                        | 10.6                                      | 5/8 cup serving<br>(1½ oz cheese)   | 9.4  |  |
| CHEESE FOOD<br>PRODUCTS                                    | Pound                  |   |   |  |  |
| CHEESE FOOD<br>(process) and<br>CHEESE SPREAD<br>(process) |                        | 8.0                                       | 2 oz serving<br>(1 oz meat<br>alternate)  | 12.5   |  |
|  |                        | 5.3                                       | 3 oz serving<br>(1½ oz meat<br>alternate)                                       | 18.8   |  |
| CHICKEN,* FRESH<br>OR FROZEN                               | Pound                  |   |   |  |  |
| FRYING CHICKEN **  |                        |   |   |  |  |
| Chicken parts  |                        |   |   |  |  |
| Breast halves with<br>ribs (about 6.1 oz<br>each)          |                        | 2.6                                       | 1 breast half<br>(about 4.0 oz<br>cooked chicken)                               | 38.2   | 1 lb AP = 0.66<br>lb cooked<br>chicken with<br>skin      |
| Market Style   |                        | 8.9                                       | 1 oz cooked<br>chicken  | 11.2   | 1 lb AP = 0.56<br>lb cooked<br>chicken with-<br>out skin |
|  |                        | 5.9                                       | 1½ oz cooked<br>chicken   | 16.8   |  |

\*1 lb of raw boneless chicken  
(hand-separated or mechanically separated)  
= 0.70 lb cooked chicken.

\*\* A serving of frying chicken includes meat and skin. If the  
average raw weights of the chicken parts are different from  
those stated, use yield information in column 6 to determine  
cooked weight.



# CHICKEN, FRESH OR FROZEN

| Meat and Meat Alternates   |                  |                               |   |                                    |   |
|--|------------------|-------------------------------|---|------------------------------------|---|
| 1. Food as purchased   | 2. Purchase unit | 3. Servings per purchase unit | 4. Serving size or portion and contribution to the meal requirement | 5. Purchase units for 100 servings | 6. Additional yield information               |
| Breast halves with backs (about 7.5 oz each) from USDA-donated (special purchase) 8 piece cut      | Pound            | 2.1                           | 1 breast half with back (about 4.1 oz cooked chicken)               | 46.9                               | 1 lb AP = 0.55 lb cooked chicken with skin    |
|  |                  | 7.5                           | 1 oz cooked chicken   | 13.3                               | 1 lb AP = 0.47 lb cooked chicken without skin |
|  |                  | 5.0                           | 1½ oz cooked chicken  | 20.0                               |   |
| Breast portions with backs (about 5.9 oz each) from USDA-donated (special purchase) 9 piece cut    | Pound            | 2.7                           | 1 breast portion with back (about 2.8 oz cooked chicken)            | 36.9                               | 1 lb AP = 0.48 lb cooked chicken with skin    |
|  |                  | 6.4                           | 1 oz cooked chicken   | 15.7                               | 1 lb AP = 0.40 lb cooked chicken without skin |
|  |                  | 4.2                           | 1½ oz cooked chicken  | 23.5                               |   |
| Breast portions without backs (about 3.9 oz each) from USDA-donated (special purchase) 9 piece cut | Pound            | 4.1                           | 1 breast portion without back (about 2.4 oz cooked chicken)         | 24.4                               | 1 lb AP = 0.64 lb cooked chicken with skin    |
|  |                  | 8.3                           | 1 oz cooked chicken   | 12.1                               | 1 lb AP = 0.52 lb cooked chicken without skin |
|  |                  |                               | 1 oz cooked   | 18.1                               |   |

NOTE: A serving of frying chicken includes meat and skin.

# CHICKEN, FRESH OR FROZEN

Meat and Meat Alternatives

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information               |
|--|------------------------|---|---|--|---|
| Drumsticks (about<br>3.7 oz each)  | Pound                  | 4.3                                       | 1 drumstick<br>(about 1.8 oz<br>cooked<br>chicken)                              | 23.2   | 1 lb AP = 0.49<br>lb cooked<br>chicken with<br>skin |
|  |                        | 6.5                                       | 1 oz cooked<br>chicken  | 15.3   | 1 lb AP = 0.41<br>lb cooked<br>chicken with-        |
|  |                        | 4.3                                       | 1½ oz cooked<br>chicken   | 22.9   | out skin  |
| Thighs (about 4.0 oz<br>each)  | Pound                  | 4.0                                       | 1 thigh (about<br>2.1 oz cooked<br>chicken)                                     | 25.0   | 1 lb AP = 0.52<br>lb cooked<br>chicken with<br>skin |
|  |                        | 6.8                                       | 1 oz cooked<br>chicken  | 14.6   | 1 lb AP = 0.43<br>lb cooked<br>chicken with-        |
|  |                        | 4.5                                       | 1½ oz cooked<br>chicken   | 21.8   | out skin  |
| Thighs with backs<br>(about 8.7 oz each)<br>from<br>USDA-donated<br>(special purchase) | Pound                  | 2.1                                       | 1 thigh with back<br>(about 3.1 oz<br>cooked chicken)                           | 45.7   | 1 lb AP = 0.42<br>lb cooked<br>chicken with<br>skin |
|  |                        | 5.2                                       | 1 oz cooked<br>chicken  | 19.0   | 1 lb AP = 0.33<br>lb cooked<br>chicken with-        |
|  |                        | 3.5                                       | 1½ oz cooked<br>chicken   | 28.5   | out skin  |
| Back pieces (about<br>6.0 oz each)<br>Market Style                                     | Pound                  | 2.6                                       | 1 back piece<br>(about 1.9 oz<br>cooked<br>chicken)                             | 37.5   | 1 lb AP = 0.32<br>lb cooked<br>chicken with<br>skin |
|  |                        | 3.8                                       | 1 oz cooked<br>chicken  | 26.1   | 1 lb AP = 0.24<br>lb cooked<br>chicken with-        |
|  |                        | 2.5                                       | 1½ oz cooked<br>chicken   | 39.1   | out skin  |

NOTE: A serving of frying chicken includes meat and skin.

# CHICKEN, FRESH OR FROZEN

| Meat and Meat Alternates     |                        |   |   |  |  |
|------------------------------|------------------------|---|---|--|--|
| 1.<br>Food as purchased      | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                    |
| Wings (about 3.1 oz<br>each) | Pound                  | 5.1                                       | 1 wing (about<br>1 oz cooked<br>chicken)  | 19.4   | 1 lb AP = 0.34<br>lb cooked<br>chicken with<br>skin      |
|                              |                        | 4.1                                       | 1 oz cooked<br>chicken  | 24.0   | 1 lb AP = 0.26<br>lb cooked<br>chicken with-<br>out skin |
|                              |                        | 2.7                                       | 1½ oz cooked<br>chicken   | 36.1   |  |
|                              | Pound                  | 6.5                                       | 1 oz cooked<br>chicken including<br>neck meat and<br>giblets                    | 15.3   | 1 lb AP = 0.41<br>lb cooked<br>chicken with-<br>out skin |
|                              |                        | 3.8                                       | 1½ oz cooked<br>chicken including<br>neck meat and<br>giblets                   | 26.1   |  |
| WHOLE CHICKEN                | Pound                  | 5.7                                       | 1 oz cooked<br>chicken<br>excluding<br>neck meat<br>and giblets                 | 17.4   | 1 lb AP = 0.36<br>lb cooked<br>chicken with-<br>out skin |
|                              |                        | 3.8                                       | 1½ oz cooked<br>chicken excluding<br>neck meat<br>and giblets                   | 26.1   |  |
|                              |                        | 9.2                                       | 1 oz cooked<br>chicken  | 10.8   | 1 lb AP = 0.58<br>lb cooked<br>gizzards                  |
|                              |                        | 6.1                                       | 1½ oz cooked<br>chicken   | 16.2   |  |
|                              |                        | 8.6                                       | 1 oz cooked<br>chicken  | 1.6  | 1 lb AP = 0.58<br>lb cooked<br>hearts                    |
| Giblets<br>Gizzards          | Pound                  | 5.7                                       | 1½ oz cooked<br>chicken   | 17.4   |  |
|                              |                        |   |   |  |  |
| Hearts                       | Pound                  |   |   |  |  |
|                              |                        |   |   |  |  |

NOTE: A serving of frying chicken includes meat and skin.

# CHICKEN, FRESH OR FROZEN

## Meat and Meat Alternates

| 1.<br>Food as purchased   | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement   | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                                       |
|---|---------------------|----------------------------------|--|---------------------------------------|--|
| Livers  | Pound               | 9.9                              | 1 oz cooked chicken  | 10.1                                  | 1 lb AP = 0.62 lb cooked livers  |
|   |                     | 6.6                              | 1½ oz cooked chicken   | 15.2                                  |  |
| CHICKEN, FROZEN<br>USDA-donated<br>(special purchase)   |                     |                                  |  |                                       |  |
| FRYING CHICKEN OR<br>PRECOOKED BREADED<br>CHICKEN   |                     |                                  |  |                                       |  |
| Whole, cut up, 9 piece<br>(about 2¾ lb without<br>neck and giblets)   | 40-lb<br>box        | (about<br>97)                    | 2 oz or more<br>cooked chicken<br>(1 serving = 1<br>breast portion<br>with back, or 1<br>breast portion with-<br>out back, or 1<br>drumstick and<br>wing, or 1 thigh<br>with back) | (about<br>1.1)                        | 1 box contains<br>about 14<br>chickens weigh-<br>ing 2½ to 3¼<br>lb each |
| Fryer pieces:<br>3 breast pieces cut<br>with and without<br>back<br>2 drumsticks<br>2 thighs with back<br>2 wings |                     |                                  |  |                                       |  |
| FRYING CHICKEN,<br>FROZEN   |                     |                                  |  |                                       |  |
| Whole, cut-up, 8 pieces<br>(about 2¾ lb without<br>neck and giblets)  | 40 lb<br>box        | (about<br>83)                    | 2 oz or more<br>cooked chicken<br>(1 serving = 1<br>breast piece, or<br>1 drumstick and 1<br>wing, or 1 thigh<br>with back)  | (about<br>1.2)                        | 1 box contains<br>about 14<br>chickens weigh-<br>ing 2½ to<br>3¼ lb      |
| Fryer pieces:<br>2 breast pieces<br>2 drumsticks<br>2 thighs with back<br>2 wings                                 |                     |                                  |  |                                       |  |

NOTE: A serving of frying chicken includes meat and skin.

# CHICKEN PRODUCTS, CANNED OR FROZEN

Meat and Meat Alternates

| 1.<br>Food as purchased                       | 2.<br>Purchase<br>unit   | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information              |
|---|--------------------------|---|---|--|--|
| <b>CHICKEN PRODUCTS,<br/>CANNED OR FROZEN</b> |                          |   |   |  |  |
| <b>BONED CHICKEN</b>                          |                          |   |   |  |  |
| <b>CANNED</b>                                 |                          |   |   |  |  |
| USDA-donated<br>(special purchase)*           | Pound                    | 11.5                                      | 1 oz heated chicken   | 8.7  | 1 lb AP =<br>0.72 lb heated<br>chicken and<br>skin |
| Boned Poultry<br>with broth                   |                          | 7.6                                       | 1½ oz heated<br>chicken   | 13.1   |  |
|   | Pound                    | 11.5                                      | 1.2 oz unheated<br>chicken (1 oz cooked<br>chicken)                             | 8.7  |  |
|   | Nc. 2½<br>can<br>(29 oz) | 20.8                                      | 1 oz heated chicken   | 4.8  |  |
|   |                          | 13.9                                      | 1½ oz heated<br>chicken   | 7.2  |  |
|   |                          | 20.8                                      | 1.2 oz unheated<br>chicken (1 oz cooked<br>chicken)                             | 4.8  |  |
| Market Pack<br>Boned, solid pack              | Pound                    | 14.2                                      | 1/8 cup serving<br>(about 1 oz cooked<br>chicken including<br>skin)             | 7.1  | 1 lb AP =<br>0.93 lb cooked<br>chicken and<br>skin |
| Boned   | Pound                    | 14.2                                      | 1/8 cup serving<br>(about 1 oz cooked<br>chicken including<br>skin)             | 7.1  | 1 lb AP =<br>0.88 lb cooked<br>chicken and<br>skin |
| CHICKEN A LA KING                             | Pound                    | 2.3                                       | ¾ cup serving<br>(about 1.3 oz cooked<br>chicken)                               | 42.2   | 1 lb AP =<br>0.20 lb cooked<br>chicken             |
| CHICKEN BARBECUE,<br>MINCED                   | Pound                    | 3.5                                       | ½ cup serving<br>(about 1.8 oz cooked<br>chicken)                               | 28.2   | 1 lb AP =<br>0.40 lb cooked<br>chicken             |
| CHICKEN CHILI                                 | Pound                    | 2.3                                       | ¾ cup serving<br>(1.8 oz cooked<br>chicken)                                     | 42.2   | 1 lb AP =<br>0.28 lb cooked<br>chicken             |
| CHICKEN CHILI<br>WITH BEANS                   | Pound                    | 3.5                                       | ½ cup serving<br>(about 1.4 oz<br>cooked meat/<br>meat alternate)               | 28.2   |  |

\* Based on Announcement/Invitation PY 104--October  
1962 USDA Specification for Canned Boned Poultry.

# CHICKEN PRODUCTS, CANNED OR FROZEN — EGGS

| Meat and Meat Alternates                              |                    |                               |   |                                    |   |
|---|--------------------|-------------------------------|---|------------------------------------|---|
| 1. Food as purchased                                  | 2. Purchase unit   | 3. Servings per purchase unit | 4. Serving size or portion and contribution to the meal requirement | 5. Purchase units for 100 servings | 6. Additional yield information                                   |
| CHICKEN HASH  | Pound              | 2.6                           | 2/3 cup serving (about 1.8 oz cooked chicken and 1/4 cup vegetable) | 37.5                               | 1 lb AP = 0.30 lb cooked chicken                                  |
| CHICKEN SALAD   | Pound              | 2.6                           | 2/3 cup serving (about 1.4 oz cooked chicken including skin)        | 37.5                               | 1 lb AP = 0.24 lb cooked chicken                                  |
| CHICKEN WITH GRAVY                                    | Pound              | 5.3                           | 1/3 cup serving (about 1 oz cooked chicken)                         | 18.8                               | 1 lb AP = 0.35 lb cooked chicken                                  |
| CHICKEN WITH NOODLES OR DUMPLINGS                     | Pound              | 1.7                           | 1 cup serving (about 1.3 oz cooked chicken)                         | 56.3                               | 1 lb AP = 0.15 lb cooked chicken                                  |
| CREAMED CHICKEN                                       | Pound              | 2.3                           | 3/4 cup serving (about 1.3 oz cooked chicken)                       | 42.2                               | 1 lb AP = 0.20 lb cooked chicken                                  |
| <b>EGGS</b>   |                    |                               |   |                                    |   |
| DRIED EGG MIX *<br>USDA-donated<br>(special purchase) | Pound              | 16.0                          | 1 large egg **  | 6.3                                | 3 cup or 12 oz dried egg mix and 3 cup water = 1 dozen large eggs |
|   | Package (6 oz)     | 6.0                           | 1 large egg **  | 16.7                               |   |
| DRIED WHOLE EGGS ***                                  | Pound              | 32.0                          | 1 large egg **  | 3.2                                | 1 lb AP = about 5 1/3 cup   |
|   | No. 10 can (48 oz) | 96.0                          | 1 large egg **  | 1.1                                | 2 cup (6 oz) dried eggs and 2 cup water = 1 dozen large eggs      |
| FRESH SHELL EGGS ****                                 | Dozen (24 oz)      | 12.0                          | 1 large egg **  | 8.4                                | 1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks |

\* Based on Announcement/Invitation PY-103, September 1982 USDA Specification for Dried Egg Mix.

\*\*Check the meal pattern charts on pages 3,5,6 and 7 for the meat alternate equivalency of one large egg in the various Child Nutrition Programs.

\*\*\*Quantities are for dried whole eggs. For blends and specialty egg products, use equivalents on package label.

\*\*\*\*For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large size eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.



**EGGS —****FRANKFURTERS, BOLOGNA**

| Meat and Meat Alternates |                        |                                  |  |                                       |  |
|--------------------------|------------------------|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased  | 2.<br>Purchase unit    | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information           |
| FROZEN WHOLE EGGS        | Pound                  | 9.0                              | 1 large egg*   | 11.1                                  | 1 lb frozen = about 1-7/8 cup (9 large eggs) |
| FRANKFURTERS, BOLOGNA**  |                        |                                  |  |                                       |  |
| BOLOGNA***               | Pound                  | 16.0                             | 1 oz serving   | 6.3                                   |  |
| FRANKFURTERS***          |                        |                                  |  |                                       |  |
| 8 per pound              | Pound                  | 8.0                              | 2 oz frankfurter   | 12.5                                  |  |
| 10 per pound             | Pound                  | 10.0                             | 1.6 oz frankfurter   | 10.0                                  |  |
| KNOCKWURST               | Pound                  | 16.0                             | 1 oz serving   | 6.3                                   |  |
| VIENNA SAUSAGE**         | Pound (drained weight) | 16.0                             | 1 oz serving   | 6.3                                   |  |

\*Check the meal pattern charts on pages 3,5,6 and 7 for the meat alternate equivalency of one large egg in the various Child Nutrition Programs.

\*\*includes meat and poultry products. Yields for Frankfurters, Bologna, and similar sausage products are based on products which do not contain meat or poultry byproducts, cereals, or extenders.

\*\*\*Yield information taken from the Food Buying Guide for Type A School Lunches PA-270, September 1972, slightly revised September 1979.

**LAMB, FRESH OR FROZEN —  
PEANUT BUTTER, CANNED**

Meat and Meat Alternates

| 1.<br>Food as purchased          | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information     |
|----------------------------------|---------------------------|---|---|--|---|
| <b>LAMB, FRESH OR<br/>FROZEN</b> |                           |   |   |  |   |
| CHOPS, SHOULDER<br>(with bone)   | Pound                     | 7.3                                       | 1 oz cooked lean<br>meat  | 13.6   | 1 lb AP =<br>0.46 lb cooked<br>lean meat  |
|                                  |                           | 4.9                                       | 1½ oz cooked lean<br>meat   | 20.4   |   |
| <b>ROASTS</b>                    |                           |   |   |  |   |
| Leg<br>(without bone)            | Pound                     | 9.7                                       | 1 oz cooked lean<br>meat  | 10.3   | 1 lb AP =<br>0.61 lb cooked<br>lean meat  |
|                                  |                           | 6.5                                       | 1½ oz cooked lean<br>meat   | 15.4   |   |
| Shoulder<br>(without bone)       | Pound                     | 8.6                                       | 1 oz cooked lean<br>meat  | 11.6   | 1 lb AP =<br>0.54 lb cooked<br>lean meat  |
|                                  |                           | 5.7                                       | 1½ oz cooked lean<br>meat   | 17.4   |   |
| <b>STEW MEAT</b>                 | Pound                     | 10.4                                      | 1 oz cooked lean<br>meat  | 9.7  | 1 lb AP =<br>0.65 lb cooked<br>lean meat  |
|                                  |                           | 6.9                                       | 1½ oz cooked lean<br>meat   | 14.5   |   |
| <b>PEANUT BUTTER,<br/>CANNED</b> |                           |   |   |  |   |
| PEANUT BUTTER                    | No. 10<br>can<br>(108 oz) | 97.5                                      | 2 tablespoons<br>peanut butter  | 1.1  | 2 Tbsp =<br>about 1.1 oz<br>peanut butter |
|                                  |                           | 65.0                                      | 3 tablespoons<br>peanut butter  | 1.6  |   |
|                                  | 32 oz<br>jar              | 28.9                                      | 2 tablespoons<br>peanut butter  | 3.5  |   |
|                                  |                           | 19.3                                      | 3 tablespoons<br>peanut butter  | 5.2  |   |
|                                  | Pound                     | 14.4                                      | 2 tablespoons<br>peanut butter  | 7.0  |   |
|                                  |                           | 9.7                                       | 3 tablespoons<br>peanut butter  | 10.4   |   |

**PEAS AND LENTILS, DRY —  
PORK, FRESH OR FROZEN**

| 1.<br>Food as purchased  | 2.<br>Purchase unit   | 3.<br>Servings per purchase unit                               | 4.<br>Serving size or portion and contribution to the meal requirement  | 5.<br>Purchase units for 100 servings                         | 6.<br>Additional yield information   |
|--|---|--|---|---|--|
| <b>PEAS AND LENTILS, DRY</b><br><br><b>DRY PEAS</b><br>Split peas<br><br>Whole peas<br><br><b>LENTILS</b><br><br><b>PEA SOUP, CANNED</b><br>(Includes cream of pea soup)<br>Condensed<br>(1 part soup to 1 part water)<br><br>Ready-to-serve | Pound<br><br>Pound<br><br>Pound<br><br>No. 3 Cyl (50 oz)<br><br>Pound<br><br>8 oz can | 23.1<br><br>25.6<br><br>29.6<br><br>23.0<br><br>7.3<br><br>1.0 | ¼ cup cooked peas<br><br>¼ cup cooked peas<br><br>¼ cup cooked lentils<br><br>½ cup reconstituted (¼ cup cooked peas)<br><br>½ cup reconstituted (¼ cup cooked peas)<br><br>1 cup serving (½ cup cooked peas) | 4.4<br><br>4.0<br><br>3.4<br><br>4.4<br><br>13.6<br><br>100.0 | 1 lb dry = about 2¼ cup<br><br>1 lb dry = about 2½ cup<br><br>1 lb dry = about 2-3/8 cup<br><br>Reconstitute 1 part soup with not more than 1 part water<br><br><br><br><br><br><br><br> |
| <b>PORK, FRESH OR FROZEN</b><br><br><b>CHOPS, LOIN</b><br>(with bone)<br><br><br><br><b>GROUND PORK, FROZEN</b><br>USDA-donated (special purchase)*<br>(no more than 24 percent fat)   | Pound<br><br><br><br>Pound  | 6.5<br><br>4.3<br><br>11.6<br><br>7.7                          | 1 oz cooked lean meat<br><br>1½ oz cooked lean meat<br><br>1 oz cooked lean meat<br><br>1½ oz cooked lean meat  | 15.3<br><br>22.9<br><br>8.6<br><br>12.9                       | 1 lb AP = 0.41 lb cooked lean meat<br><br><br><br>1 lb AP = 0.73 lb cooked meat  |

\*Ground Pork, USDA-donated (special purchase), frozen (no more than 24 percent fat) is based on Schedule GP- June 1960, USDA Specification for Ground Pork.

# PORK, FRESH OR FROZEN

| Meat and Meat Alternatives                 |                     |                                  |  |                                       |                                       |
|--|---------------------|----------------------------------|--|---------------------------------------|---------------------------------------|
| 1.<br>Food as purchased                    | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information    |
| HEART<br>(trimmed)                         | Pound               | 8.0                              | 1 oz cooked meat   | 12.5                                  | 1 lb AP =<br>0.50 lb cooked heart     |
|  |                     | 5.3                              | 1½ oz cooked meat  | 18.8                                  |                                       |
| LIVER<br>(untrimmed)                       | Pound               | 9.7                              | 1 oz cooked meat   | 10.3                                  | 1 lb AP =<br>0.61 lb cooked liver     |
|  |                     | 6.5                              | 1½ oz cooked meat  | 15.4                                  |                                       |
| ROASTS<br>Leg, fresh ham<br>(without bone) | Pound               | 8.4                              | 1 oz cooked lean meat  | 11.8                                  | 1 lb AP =<br>0.53 lb cooked lean meat |
|  |                     | 5.6                              | 1½ oz cooked lean meat   | 17.7                                  |                                       |
| (with bone)                                | Pound               | 7.3                              | 1 oz cooked lean meat  | 13.6                                  | 1 lb AP =<br>0.46 lb cooked lean meat |
|  |                     | 4.9                              | 1½ oz cooked lean meat   | 20.4                                  |                                       |
| Loin<br>(without bone)                     | Pound               | 8.6                              | 1 oz cooked lean meat  | 11.6                                  | 1 lb AP =<br>0.54 lb cooked lean meat |
|  |                     | 5.7                              | 1½ oz cooked lean meat   | 17.4                                  |                                       |
| (with bone)                                | Pound               | 6.5                              | 1 oz cooked lean meat  | 15.3                                  | 1 lb AP =<br>0.41 lb cooked lean meat |
|  |                     | 4.3                              | 1½ oz cooked lean meat   | 22.9                                  |                                       |
| Shoulder, Boston Butt<br>(without bone)    | Pound               | 8.6                              | 1 oz cooked lean meat  | 11.6                                  | 1 lb AP =<br>0.54 lb cooked lean meat |
|  |                     | 5.7                              | 1½ oz cooked lean meat   | 17.4                                  |                                       |
| (with bone)                                | Pound               | 8.0                              | 1 oz cooked lean meat  | 12.5                                  | 1 lb AP =<br>0.50 lb cooked lean meat |
|  |                     | 5.3                              | 1½ oz cooked lean meat   | 18.8                                  |                                       |

**PORK, FRESH OR FROZEN —  
PORK, MILD CURED**

| Meat and Meat Alternates   |                        |   |   |  |  |
|--|------------------------|---|---|--|--|
| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information    |
| <b>ROASTS —Continued</b><br><br>Shoulder, picnic<br>(without bone)<br><br><br>(with bone)<br><br><br><b>SAUSAGE,*<br/>BULK, LINK,<br/>OR PATTY</b><br><br><br><b>SPARERIBS</b><br><br><br><br><br><b>STEW MEAT</b> | Pound                  | 7.3                                       | 1 oz cooked lean<br>meat  | 13.6   | 1 lb AP =<br>0.46 lb cooked<br>lean meat |
|  |                        | 4.9                                       | 1½ oz cooked lean<br>meat   | 20.4   |  |
|  | Pound                  | 6.0                                       | 1 oz cooked lean<br>meat  | 16.5   | 1 lb AP =<br>0.38 lb cooked<br>lean meat |
|  |                        | 4.0                                       | 1½ oz cooked lean<br>meat   | 24.7   |  |
|  | Pound                  | 7.5                                       | 1 oz cooked lean<br>meat  | 13.3   | 1 lb AP =<br>0.47 lb cooked<br>lean meat |
|  |                        | 5.0                                       | 1½ oz cooked lean<br>meat   | 20.0   |  |
|  | Pound                  | 6.2                                       | 1 oz cooked lean<br>meat  | 16.1   | 1 lb AP =<br>0.39 lb cooked<br>meat      |
|  |                        | 4.1                                       | 1½ oz cooked lean<br>meat   | 24.1   |  |
|  | Pound                  | 7.2                                       | 1 oz cooked lean<br>meat  | 13.9   | 1 lb AP =<br>0.45 lb cooked<br>lean meat |
|  |                        | 4.8                                       | 1½ oz cooked lean<br>meat   | 20.9   |  |
| <b>PORK, MILD CURED<br/>BACON, CANADIAN</b>  | Pound                  | 11.0                                      | 1 oz cooked lean<br>meat  | 9.1  | 1 lb AP =<br>0.69 lb cooked<br>lean meat |
|  |                        | 7.3                                       | 1½ oz cooked lean<br>meat   | 13.6   |  |

\*Fresh Pork Sausage, Market Style (no more than 50 per-  
cent trimmable fat) is based on USDA, FSI'S Standard as  
published in the Code of Federal Regulations, Title 9, Part  
319.141 Fresh Pork Sausage.

| 1. Food as purchased                    | 2. Purchase unit | 3. Servings per purchase unit | 4. Serving size or portion and contribution to the meal requirement | 5. Purchase units for 100 servings | 6. Additional yield information    |
|---|------------------|-------------------------------|---|------------------------------------|------------------------------------|
| HAM<br>(without bone)                   | Pound            | 10.0                          | 1 oz cooked lean meat   | 10.0                               | 1 lb AP = 0.63 lb cooked lean meat |
|   |                  | 6.7                           | 1½ oz cooked lean meat  | 14.9                               |                                    |
| (with bone)                             | Pound            | 8.4                           | 1 oz cooked lean meat   | 11.8                               | 1 lb AP = 0.53 lb cooked lean meat |
|   |                  | 5.6                           | 1½ oz cooked lean meat  | 17.7                               |                                    |
| HAM, canned                             | Pound            | 10.2                          | 1 oz heated lean meat   | 9.8                                | 1 lb AP = 0.64 lb cooked lean meat |
|   |                  | 6.8                           | 1½ oz heated lean meat  | 14.7                               |                                    |
|   | Pound            | 10.2                          | 1.2 oz unheated meat (1 oz lean meat)                               | 9.8                                |                                    |
|   |                  | 6.8                           | 1.8 oz unheated meat (1.5 oz lean meat)                             | 14.7                               |                                    |
| SHOULDER, BOSTON BUTT<br>(without bone) | Pound            | 9.6                           | 1 oz cooked lean meat   | 10.5                               | 1 lb AP = 0.60 lb cooked lean meat |
|   |                  | 6.4                           | 1½ oz cooked lean meat  | 15.7                               |                                    |
| (with bone)                             | Pound            | 8.6                           | 1 oz cooked lean meat   | 11.6                               | 1 lb AP = 0.54 lb cooked lean meat |
|   |                  | 5.7                           | 1½ oz cooked lean meat  | 17.4                               |                                    |
| SHOULDER, PICNIC<br>(without bone)      | Pound            | 8.4                           | 1 oz cooked lean meat   | 11.8                               | 1 lb AP = 0.53 lb cooked lean meat |
|   |                  | 5.6                           | 1½ oz cooked lean meat  | 17.7                               |                                    |
| (with bone)                             | Pound            | 6.7                           | 1 oz cooked lean meat   | 14.9                               | 1 lb AP = 0.42 lb cooked lean meat |
|   |                  | 4.4                           | 1½ oz cooked lean meat  | 22.4                               |                                    |



# **PORK PRODUCTS, CANNED — SEAFOOD, FRESH OR FROZEN**

Meat and Meat Alternatives

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information      |
|--|---------------------------|---|---|--|--|
| <b>PORK PRODUCTS,<br/>CANNED</b><br><br>PORK WITH NATURAL<br>JUICES*<br>USDA-donated<br>(special purchase) | No. 2 ½<br>can<br>(29 oz) | 14.7                                      | 1 oz heated meat  | 6.8  | 1 lb AP =<br>0.51 lb heated<br>canned meat |
|  |                           | 9.8                                       | 1½ oz heated<br>meat  | 10.2   |  |
|  | Pound                     | 8.1                                       | 1 oz heated meat  | 12.3   |  |
|  |                           | 5.4                                       | 1½ oz heated meat   | 18.4   |  |
| <b>SEAFOOD, FRESH<br/>OR FROZEN</b><br><br>CLAMS,** SHUCKED  | Pound                     | 4.4                                       | 1 oz cooked fish  | 22.4   | 1 lb AP =<br>0.28 lb cooked<br>clams       |
|  |                           | 2.9                                       | 1½ oz cooked<br>fish  | 33.5   |  |
|  | Pound                     | 15.5                                      | 1 oz cooked fish  | 6.5  | 1 lb AP =<br>0.97 lb cooked<br>crab meat   |
|  |                           | 10.3                                      | 1½ oz cooked<br>fish  | 8.4  |  |
|  | Pound                     | 11.2                                      | 1 oz cooked fish  | 9.0  | 1 lb AP = 0.70<br>lb cooked fish           |
|  |                           | 7.4                                       | 1½ oz cooked<br>fish  | 13.4   |  |
|  | Pound                     | 5.3                                       | 1 portion<br>(about 1.1 oz cooked<br>fish)                                      | 18.8   | 1 lb AP =<br>0.37 lb cooked<br>fish        |
|  |                           | 8.0                                       | 1 portion<br>(about 0.7 oz cooked<br>fish)                                      | 12.5   | 1 lb AP =<br>0.37 lb cooked<br>fish        |
|  | Pound                     | 5.3                                       | 1 portion<br>(about 1.1 oz cooked<br>fish)                                      | 18.8   | 1 lb AP =<br>0.37 lb cooked<br>fish        |
|  |                           | 8.0                                       | 1 portion<br>(about 0.7 oz cooked<br>fish)                                      | 12.5   | 1 lb AP =<br>0.37 lb cooked<br>fish        |

\*Based on Schedule PJ-February 1981 USDA Specification for Pork with Natural Juices, Canned.

\*\* 1 lb of raw minced clams = 0.66 lb cooked fish.

\*\*\* 1 lb of raw minced fish = 0.75 lb cooked fish.

\*\*\*\* There is no standard for this product at this time. It is recommended that you use products with CN labels or specify "FISH PORTIONS, FROZEN, FRIED BATTERED (45 percent fish)" and request a Certificate of Inspection from the processor.

## Meat and Fish Portions

| 1.<br>Food as purchased                             | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|---|------------------------|---|---|--|---------------------------------------|
| <b>FISH PORTIONS<br/>FROZEN-Continued</b>           |                        |   |   |  |                                       |
| Fried breaded<br>(65 percent fish)*<br>4 oz portion | Pound                  | 4.0                                       | 1 portion<br>(about 2.2 oz cooked<br>fish)                                      | 25.0   | 1 lb AP =<br>0.54 lb cooked<br>fish   |
| 3 oz portion  | Pound                  | 5.3                                       | 1 portion<br>(about 1.6 oz cooked<br>fish)                                      | 18.8   | 1 lb AP =<br>0.54 lb cooked<br>fish   |
| 2 oz portion  | Pound                  | 8.0                                       | 1 portion<br>(about 1.1 oz cooked<br>fish)                                      | 12.5   | 1 lb AP =<br>0.54 lb cooked<br>fish   |
| Raw breaded<br>(75 percent fish)**<br>4 oz portion  | Pound                  | 4.0                                       | 1 portion<br>(about 2.3 oz cooked<br>fish)                                      | 25.0   | 1 lb AP =<br>0.58 lb cooked<br>fish   |
| 3 oz portion  | Pound                  | 5.3                                       | 1 portion<br>(about 1.7 oz cooked<br>fish)                                      | 18.8   | 1 lb AP =<br>0.58 lb cooked<br>fish   |
| 2 oz portion  | Pound                  | 8.0                                       | 1 portion<br>(about 1.2 oz cooked<br>fish)                                      | 12.5   | 1 lb AP =<br>0.58 lb cooked<br>fish   |
| Unbreaded<br>4 oz portion                           | Pound                  | 4.0                                       | 1 portion<br>(about 3.1 oz cooked<br>fish)                                      | 25.0   | 1 lb AP =<br>0.78 lb cooked<br>fish   |
| 3 oz portion  | Pound                  | 5.3                                       | 1 portion<br>(about 2.3 oz cooked<br>fish)                                      | 18.8   | 1 lb AP =<br>0.78 lb cooked<br>fish   |
| 2 oz portion  | Pound                  | 8.0                                       | 1 portion<br>(about 1.6 oz cooked<br>fish)                                      | 12.5   | 1 lb AP =<br>0.78 lb cooked<br>fish   |

\* Fish Portions, Frozen, Fried Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart G—United States Standards for Grades of Frozen Fried Fish Portions which specify that the product must contain a minimum of 65 percent fish.

\*\* Fish Portions, Frozen, Raw Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart E—United States Standards for Grades of Frozen Raw Breaded Fish Portions which specify that the product must contain a minimum of 75 percent fish.

# SEAFOOD, FRESH OR FROZEN

## Meat and Meat Alternates

| 1.<br>Food as purchased  | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information |
|--|---------------------|----------------------------------|--|---------------------------------------|------------------------------------|
| FISH STEAKS, FROZEN  | Pound               | 10.5                             | 1 oz cooked fish   | 9.5                                   | 1 lb AP = 0.66 lb cooked fish      |
|  |                     | 7.0                              | 1½ oz cooked fish  | 14.2                                  |                                    |
| FISH STICKS, FROZEN<br>Fried breaded<br>(60 percent fish)*<br>1 oz stick | Pound               | 4.0                              | 4 sticks<br>(about 2.0 oz cooked fish)                                 | 25.0                                  | 1 lb AP = 0.49 lb cooked fish      |
|  |                     | 5.3                              | 3 sticks<br>(about 1.5 oz cooked fish)                                 | 18.8                                  | 1 lb AP = 0.49 lb cooked fish      |
|  |                     | 8.0                              | 2 sticks<br>(about 1.0 oz cooked fish)                                 | 12.5                                  | 1 lb AP = 0.49 lb cooked fish      |
|  |                     | 16.0                             | 1 stick<br>(about 0.5 oz cooked fish)                                  | 6.3                                   | 1 lb AP = 0.49 lb cooked fish      |
| Raw breaded<br>(72 percent fish)**<br>1 oz stick                         | Pound               | 4.0                              | 4 sticks<br>(about 2.2 oz cooked fish)                                 | 25.0                                  | 1 lb AP = 0.56 lb cooked fish      |
|  |                     | 5.3                              | 3 sticks<br>(about 1.7 oz cooked fish)                                 | 18.8                                  | 1 lb AP = 0.56 lb cooked fish      |
|  |                     | 8.0                              | 2 sticks<br>(about 1.1 oz cooked fish)                                 | 12.5                                  | 1 lb AP = 0.56 lb cooked fish      |
|  |                     | 16.0                             | 1 stick<br>(about 0.6 oz cooked fish)                                  | 6.3                                   | 1 lb AP = 0.56 lb cooked fish      |
| OYSTERS, SHUCKED   | Pound               | 6.0                              | 1 oz cooked fish   | 16.5                                  | 1 lb AP = 0.38 lb cooked oysters   |
|  |                     | 4.0                              | 1½ oz cooked fish  | 24.7                                  |                                    |

\* Fish Sticks, Frozen, Fried Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart F—United States Standards for Grades of Frozen Fried Fish Sticks which specify that the product must contain a minimum of 60 percent fish.

\*\* Fish Sticks, Frozen, Raw Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart D—United States Standards for Grades of Frozen Raw Fish Sticks which specify that the product must contain a minimum of 72 percent fish.

**SEAFOOD, FRESH OR FROZEN —  
SEAFOOD, CANNED**

| 1.<br>Food as purchased                                   | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information         |
|---|------------------------|---|---|--|---|
| <b>SCALLOPS,<br/>FROZEN</b>                               | Pound                  | 8.4                                       | 1 oz cooked fish  | 11.8   | 1 lb AP =<br>0.53 lb cooked<br>scallops       |
|   |                        | 5.6                                       | 1½ oz cooked fish   | 17.7   |   |
| <b>SHRIMP*</b><br>Cooked, peeled, and<br>cleaned<br>Fresh | Pound                  | 16.0                                      | 1 oz cooked fish  | 6.3  | 1 lb AP =<br>1.00 lb cooked<br>shrimp         |
|   |                        | 10.6                                      | 1½ oz cooked fish   | 9.4  |   |
| Frozen  | Pound                  | 13.2                                      | 1 oz cooked fish  | 7.6  | 1 lb AP =<br>0.83 lb cooked<br>shrimp         |
|   |                        | 8.8                                       | 1½ oz cooked fish   | 11.3   |   |
| Peeled and cleaned<br>Frozen                              | Pound                  | 9.9                                       | 1 oz cooked fish  | 10.1   | 1 lb AP =<br>0.62 lb cooked<br>shrimp         |
|   |                        | 6.6                                       | 1½ oz cooked fish   | 15.2   |   |
| Raw in shell  | Pound                  | 8.6                                       | 1 oz cooked fish  | 11.6   | 1 lb AP =<br>0.54 lb cooked<br>shrimp         |
|   |                        | 5.7                                       | 1½ oz cooked fish   | 17.4   |   |
| <b>SEAFOOD, CANNED</b>                                    |                        |   |   |  |   |
| <b>CLAMS, MINCED</b>                                      | 51 oz<br>can           | 19.3                                      | 1 oz heated fish  | 5.2  | 1 can = about<br>22 oz drained<br>clams       |
|   |                        | 12.9                                      | 1½ oz heated fish   | 7.8  |   |
|   | 7½ oz<br>can           | 2.8                                       | 1 oz heated fish  | 35.1   |   |
|   |                        | 1.9                                       | 1½ oz heated fish   | 52.7   |   |
| <b>MACKEREL</b>   | 15 oz<br>can           | 7.9                                       | 1 oz heated fish  | 12.6   | 1 can = about<br>8-7/8 oz drained<br>mackerel |
|   |                        | 5.3                                       | 1½ oz heated fish   | 18.9   |   |
| <b>MAINE SARDINES</b>                                     | 15 oz<br>can           | 13.2                                      | 1 oz fish   | 7.6  | 1 can = about<br>13¼ oz drained<br>sardines   |
|   |                        | 8.8                                       | 1½ oz fish  | 11.4   |   |

\*1 lb raw minced shrimp = 0.58 lb cooked fish.

# SEAFOOD CANNED —

Meat and Meat Alternates

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit               | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information           |
|--------------------------|--------------------------------------|---|---|--|---|
| SALMON, PINK             | 64 oz<br>can                         | 48.0                                      | 1 oz heated fish  | 2.1  | 1 can = about<br>52 oz drained<br>salmon        |
|                          |                                      | 32.0                                      | 1½ oz heated fish   | 3.2  |   |
|                          | 15½ oz<br>can                        | 11.6                                      | 1 oz heated fish  | 8.6  | 1 can =<br>about<br>12¾ oz<br>drained<br>salmon |
|                          |                                      | 7.7                                       | 1½ oz heated fish   | 12.9   |   |
| SHRIMP                   | 13¼ oz<br>can<br>(drained<br>weight) | 13.2                                      | 1 oz fish   | 7.6  | 1 can = 13¼<br>oz drained<br>shrimp             |
|                          |                                      | 8.8                                       | 1½ oz fish  | 11.4   |   |
| TUNA<br>Water pack chunk | 66½ oz<br>can                        | 51.2                                      | 1 oz fish   | 2.0  | 1 can = 51 oz<br>drained tuna                   |
|                          |                                      | 34.1                                      | 1½ oz fish  | 3.0  |   |
|                          | 6½ oz<br>can                         | 5.7                                       | 1 oz fish   | 17.3   | 1 can = 5.7 oz<br>drained tuna                  |
|                          |                                      | 3.8                                       | 1½ oz fish  | 26.0   |   |
| Grated or Flake          | 60 oz<br>can                         | 54.6                                      | 1 oz fish   | 1.9  | 1 can = 55 oz<br>drained tuna                   |
|                          |                                      | 36.4                                      | 1½ oz fish  | 2.8  |   |
|                          | 6 oz<br>can                          | 5.4                                       | 1 oz fish   | 18.4   | 1 can = 5.4 oz<br>drained tuna                  |
|                          |                                      | 3.6                                       | 1½ oz fish  | 27.5   |   |
| Solid                    | 66½ oz<br>can                        | 50.5                                      | 1 oz fish   | 2.0  | 1 can = 51 oz<br>drained tuna                   |
|                          |                                      | 33.6                                      | 1½ oz fish  | 3.0  |   |
|                          | 13 oz<br>can                         | 11.3                                      | 1 oz fish   | 8.9  | 1 can = 11.3 oz<br>drained tuna                 |
|                          |                                      | 7.5                                       | 1½ oz fish  | 13.3   |   |
|                          | 7 oz<br>can                          | 6.3                                       | 1 oz fish   | 15.9   | 1 can = 6.3 oz<br>drained tuna                  |
|                          |                                      | 4.2                                       | 1½ oz fish  | 23.9   |   |

# TURKEY, FRESH OR FROZEN

Meat and Meat Alternates

| 1. Food as purchased            | 2. Purchase unit | 3. Servings per purchase unit | 4. Serving size or portion and contribution to the meal requirement | 5. Purchase units for 100 servings | 6. Additional yield information |
|---------------------------------|------------------|-------------------------------|---|------------------------------------|---------------------------------|
| <b>TURKEY, FRESH OR FROZEN*</b> |                  |                               |   |                                    |                                 |
| <b>TURKEY (ready-to-cook)</b>   |                  |                               |   |                                    |                                 |
| Whole                           |                  |                               |   |                                    |                                 |
| Without neck and giblets        | Pound            | 8.4                           | 1 oz cooked turkey with skin  | 11.8                               | 1 lb AP = 0.53 lb cooked turkey |
|                                 |                  | 5.6                           | 1½ oz cooked turkey with skin                                       | 17.7                               |                                 |
|                                 |                  | 7.5                           | 1 oz cooked turkey without skin                                     | 13.3                               | 1 lb AP = 0.47 lb cooked turkey |
|                                 |                  | 5.0                           | 1½ oz cooked turkey without skin                                    | 20.0                               |                                 |
| With neck and giblets           | Pound            | 7.6                           | 1 oz cooked turkey with skin without meat from neck and giblets     | 13.1                               | 1 lb AP = 0.48 lb cooked turkey |
|                                 |                  | 5.1                           | 1½ oz with skin   | 19.6                               |                                 |
|                                 |                  | 6.7                           | 1 oz cooked turkey without skin, giblets, and meat from neck        | 14.9                               | 1 lb AP = 0.42 lb cooked turkey |
|                                 |                  | 4.4                           | 1½ oz without skin  | 22.4                               |                                 |
| Halves                          | Pound            | 8.4                           | 1 oz cooked turkey with skin  | 11.8                               | 1 lb AP = 0.53 lb cooked turkey |
|                                 |                  | 5.6                           | 1½ oz with skin   | 17.7                               |                                 |
|                                 |                  | 7.3                           | 1 oz cooked turkey without skin                                     | 13.6                               | 1 lb AP = 0.46 lb cooked turkey |
|                                 |                  | 4.9                           | 1½ oz without skin  | 20.4                               |                                 |

\*1 lb of raw boneless turkey (hand-separated or mechanically separated) = 0.70 lb cooked turkey.



# **TURKEY, FRESH OR FROZEN**

## **Meat and Meat Alternates**

| 1.<br>Food as purchased   | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information |
|---|---------------------|----------------------------------|--|---------------------------------------|------------------------------------|
| <b>TURKEY</b><br>(ready to cook)<br>Continued<br>Leg quarters       | Pound               | 8.4                              | 1 oz cooked turkey with skin   | 11.8                                  | 1 lb AP = 0.53 lb cooked turkey    |
|   |                     | 5.6                              | 1½ oz with skin  | 17.7                                  |                                    |
|   |                     | 7.6                              | 1 oz cooked turkey without skin  | 13.1                                  | 1 lb AP = 0.48 lb cooked turkey    |
|   |                     | 5.1                              | 1½ oz without skin   | 19.6                                  |                                    |
| <b>TURKEY, GROUND, FROZEN</b><br>USDA-donated<br>(special purchase) | Pound               | 10.7                             | 1 oz cooked turkey   | 9.4                                   | 1 lb AP = 0.67 lb cooked turkey    |
|   |                     | 7.1                              | 1½ oz cooked turkey  | 14.0                                  |                                    |
| <b>TURKEY PARTS</b><br>Breasts<br>(whole or halves)                 | Pound               | 10.2                             | 1 oz cooked turkey with skin   | 9.8                                   | 1 lb AP = 0.64 lb cooked turkey    |
|   |                     | 6.8                              | 1½ oz cooked turkey with skin  | 14.7                                  |                                    |
|   |                     | 9.1                              | 1 oz cooked turkey without skin  | 11.0                                  | 1 lb AP = 0.57 lb cooked turkey    |
|   |                     | 6.0                              | 1½ oz cooked turkey without skin                                       | 16.5                                  |                                    |
| Drumsticks  | Pound               | 7.6                              | 1 oz cooked turkey with skin   | 13.1                                  | 1 lb AP = 0.48 lb cooked turkey    |
|   |                     | 5.1                              | 1½ oz cooked turkey with skin  | 19.6                                  |                                    |
|   |                     | 7.0                              | 1 oz cooked turkey without skin  | 14.2                                  | 1 lb AP = 0.44 lb cooked turkey    |
|   |                     | 4.6                              | 1½ oz cooked turkey without skin                                       | 21.4                                  |                                    |

**TURKEY, FRESH OR FROZEN**

**Meat and Meat Alternates**

| 1.<br>Food as purchased                       | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|---|------------------------|---|---|--|---------------------------------------|
| <b>TURKEY PARTS —<br/>Continued</b><br>Thighs | Pound                  | 8.6                                       | 1 oz cooked turkey<br>with skin   | 11.6   | 1 lb AP =<br>0.54 lb cooked<br>turkey |
|   |                        | 5.7                                       | 1½ oz cooked<br>turkey with<br>skin   | 17.4   |                                       |
|   |                        | 8.0                                       | 1 oz cooked turkey<br>without skin  | 12.5   | 1 lb AP =<br>0.50 lb cooked<br>turkey |
|   |                        | 5.3                                       | 1½ oz cooked<br>turkey without<br>skin  | 18.8   |                                       |
| Backs   | Pound                  | 6.8                                       | 1 oz cooked turkey<br>with skin   | 14.6   | 1 lb AP =<br>0.43 lb cooked<br>turkey |
|   |                        | 4.5                                       | 1½ oz cooked<br>turkey with<br>skin   | 21.8   |                                       |
|   |                        | 5.4                                       | 1 oz cooked turkey<br>without skin  | 18.4   | 1 lb AP =<br>0.34 lb cooked<br>turkey |
|   |                        | 3.6                                       | 1½ oz cooked<br>turkey without<br>skin  | 27.6   |                                       |
| Necks   | Pound                  | 7.6                                       | 1 oz cooked turkey  | 13.1   | 1 lb AP =<br>0.48 lb cooked<br>turkey |
|   |                        | 5.1                                       | 1½ oz cooked<br>turkey  | 19.6   |                                       |
| Wings   | Pound                  | 5.2                                       | 1 oz cooked turkey<br>without skin  | 19.0   | 1 lb AP =<br>0.33 lb cooked<br>turkey |
|   |                        | 3.5                                       | 1½ oz cooked<br>turkey without<br>skin  | 28.5   |                                       |

# **TURKEY, FRESH OR FROZEN**

## **Meat and Meat Alternates**

| 1.<br>Food as purchased         | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information |
|---------------------------------|---------------------|----------------------------------|--|---------------------------------------|------------------------------------|
| <b>TURKEY GIBLETS</b>           |                     |                                  |  |                                       |                                    |
| Gizzards                        | Pound               | 9.1                              | 1 oz cooked turkey   | 11.0                                  | 1 lb AP =                          |
|                                 |                     | 6.0                              | 1½ oz cooked turkey  | 16.5                                  | 0.57 lb cooked whole gizzards      |
| Hearts                          | Pound               | 9.1                              | 1 oz cooked turkey   | 11.0                                  | 1 lb AP =                          |
|                                 |                     | 6.0                              | 1½ oz cooked turkey  | 16.5                                  | 0.57 lb cooked hearts              |
| Livers                          | Pound               | 11.5                             | 1 oz cooked turkey   | 8.7                                   | 1 lb AP =                          |
|                                 |                     | 7.6                              | 1½ oz cooked turkey  | 13.1                                  | 0.72 lb cooked livers              |
| <b>TURKEY HAM*</b>              | Pound               | 11.2                             | 1.4 oz serving (1 oz cooked lean meat)                                 | 9.0                                   | 1 lb AP =                          |
| Cooked                          |                     | 7.4                              | 2.1 oz serving (1½ oz cooked lean meat)                                | 13.4                                  | 0.70 lb cooked turkey              |
| <b>TURKEY ROAST,**</b>          | Pound               | 10.5                             | 1 oz cooked turkey   | 9.5                                   | 1 lb AP =                          |
| <b>FROZEN</b>                   |                     | 6.9                              | 1½ oz cooked turkey  | 14.3                                  | 0.35 lb cooked turkey              |
| USDA-donated (special purchase) |                     |                                  |  |                                       |                                    |
| <b>TURKEY ROLLS,***</b>         | Pound               | 10.5                             | 1½ oz serving (1 oz cooked lean meat)                                  | 9.5                                   | 1 lb AP =                          |
| <b>FROZEN</b>                   |                     | 7.0                              | 2.3 oz serving (1½ oz cooked lean meat)                                | 14.2                                  | 0.66 lb cooked turkey              |
| USDA-donated (special purchase) |                     |                                  |  |                                       |                                    |
| Cooked                          |                     |                                  |  |                                       |                                    |

\*Turkey ham is based on USDA, FSIS Standard as published in Vol. 44 No. 177, August 31, 1979 (to be Part 381.171 Subpart P, of the Code of Federal Regulations, Title 9).

\*\*\*Turkey rolls, USDA-donated (special purchase) cooked, frozen is based on Announcement PY-96-June 1981, specification for cooked turkey rolls.

\*\*Turkey Roast, USDA-donated (special purchase) frozen is based on Announcement PY-100, July 1982, specification for frozen turkey roast.

# **TURKEY PRODUCTS, CANNED OR FROZEN**

Meat and Meat Alternatives

| 1.<br>Food as purchased                  | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information |
|--|---------------------|----------------------------------|--|---------------------------------------|------------------------------------|
| <b>TURKEY PRODUCTS, CANNED OR FROZEN</b> |                     |                                  |  |                                       |                                    |
| <b>BONED TURKEY</b>                      |                     |                                  |  |                                       |                                    |
| Canned                                   |                     |                                  |  |                                       |                                    |
| Boned                                    | Pound               | 14.2                             | 1/8 cup serving (about 1 oz cooked turkey with skin)                   | 7.1                                   | 1 lb AP = 0.88 lb cooked turkey    |
| Boned, solid pack                        | Pound               | 14.2                             | 1/8 cup serving (about 1 oz cooked turkey with skin)                   | 7.1                                   | 1 lb AP = 0.93 lb cooked turkey    |
| Boned, with broth                        | Pound               | 7.1                              | 1/4 cup serving (about 1.8 oz cooked turkey with skin)                 | 14.1                                  | 1 lb AP = 0.78 lb cooked turkey    |
| CREAMED TURKEY                           | Pound               | 2.3                              | 3/4 cup serving (about 1.3 oz cooked turkey)                           | 42.2                                  | 1 lb AP = 0.20 lb cooked turkey    |
| TURKEY A LA KING                         | Pound               | 2.3                              | 3/4 cup serving (about 1.3 oz cooked turkey)                           | 42.2                                  | 1 lb AP = 0.20 lb cooked turkey    |
| TURKEY BARBECUE, MINCED                  | Pound               | 3.5                              | 1/2 cup serving (about 1.8 oz cooked turkey)                           | 28.1                                  | 1 lb AP = 0.40 lb cooked turkey    |
| TURKEY CHILI                             | Pound               | 2.3                              | 3/4 cup serving (1.8 oz cooked turkey)                                 | 42.2                                  | 1 lb AP = 0.28 lb cooked turkey    |
| TURKEY CHILI WITH BEANS                  | Pound               | 3.5                              | 1/2 cup serving (equivalent to 1.4 oz cooked meat/meat alternate)      | 28.2                                  |                                    |
| TURKEY HASH                              | Pound               | 2.6                              | 2/3 cup serving (about 1.8 oz cooked turkey and 1/4 cup vegetable)     | 37.5                                  | 1 lb AP = 0.30 lb cooked turkey    |
| TURKEY SALAD                             | Pound               | 2.6                              | 2/3 cup serving (about 1.4 oz cooked turkey with skin)                 | 37.5                                  | 1 lb AP = 0.24 lb cooked turkey    |
| TURKEY WITH GRAVY                        | Pound               | 5.3                              | 1/3 cup serving (about 1 oz cooked turkey)                             | 18.8                                  | 1 lb AP = 0.35 lb cooked turkey    |

**TURKEY PRODUCTS, CANNED OR FROZEN —  
VEAL, FRESH OR FROZEN**

| Meat and Meat Alternates   |                     |                                  |  |                                       |                                    |
|--|---------------------|----------------------------------|--|---------------------------------------|------------------------------------|
| 1.<br>Food as purchased  | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information |
| TURKEY WITH NOODLES OR DUMPLINGS   | Pound               | 1.7                              | 1 cup serving (about 1.3 oz cooked turkey)                             | 56.3                                  | 1 lb AP = 0.15 lb cooked turkey    |
| <b>VEAL, FRESH OR FROZEN</b><br><br>CUTLETS, LEG (without bone)<br><br>HEART (trimmed)<br><br>LIVER, CALF (trimmed)<br><br>ROASTS<br>Chuck (without bone)<br><br>Leg (without bone)<br><br>STEW MEAT<br><br>GROUND (no more than 16 percent fat) | Pound               | 8.6                              | 1 oz cooked lean meat  | 11.6                                  | 1 lb AP = 0.54 lb cooked lean meat |
|  |                     | 5.7                              | 1½ oz cooked lean meat   | 17.4                                  |                                    |
|  | Pound               | 9.4                              | 1 oz cooked lean meat  | 10.6                                  | 1 lb AP = 0.59 lb cooked heart     |
|  |                     | 6.2                              | 1½ oz cooked lean meat   | 15.9                                  |                                    |
|  | Pound               | 10.8                             | 1 oz cooked lean meat  | 9.2                                   | 1 lb AP = 0.68 lb cooked liver     |
|  |                     | 7.2                              | 1½ oz cooked lean meat   | 13.8                                  |                                    |
|  | Pound               | 9.4                              | 1 oz cooked lean meat  | 10.6                                  | 1 lb AP = 0.59 lb cooked lean meat |
|  |                     | 6.2                              | 1½ oz cooked lean meat   | 15.9                                  |                                    |
|  | Pound               | 9.7                              | 1 oz cooked lean meat  | 10.3                                  | 1 lb AP = 0.61 lb cooked lean meat |
|  |                     | 6.5                              | 1½ oz cooked lean meat   | 15.4                                  |                                    |
|  | Pound               | 10.4                             | 1 oz cooked lean meat  | 9.7                                   | 1 lb AP = 0.65 lb cooked lean meat |
|  |                     | 6.9                              | 1½ oz cooked lean meat   | 14.5                                  |                                    |
|  | Pound               | 12.6                             | 1 oz cooked lean meat  | 8.0                                   | 1 lb AP = 0.79 lb cooked lean meat |
|  |                     | 8.4                              | 1½ oz cooked lean meat   | 11.9                                  |                                    |



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## VEGETABLES AND FRUITS

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U.S. Department of Agriculture

## **Section 2, Vegetables and Fruits for the Child Nutrition Programs**

Regulations for the Child Nutrition Programs require that each lunch or supper and breakfast served contain vegetables and fruits (and snacks may also have vegetables and fruits as possible components), as described in the Meal Pattern Charts on pages 3, 5, 6, and 7.

Specific requirements:

- You may meet no more than 1/2 of the total requirement with full-strength vegetable or fruit juice for lunch or supper. Full-strength juice\* may be used to meet the total requirement for breakfast or as one component of a snack.
- You may count cooked dry beans or peas as a vegetable or as a meat alternate, but not as both in the same meal.
- You may not serve juice if you serve milk as the only other component of a snack.
- To help assure that all school lunches meet nutritional goals, and respond to dietary guidelines, USDA recommends that:

Lunches include a vitamin A vegetable or fruit at least twice a week

Lunches include a vitamin C vegetable or fruit two or three times a week, and that breakfast include them frequently

Meals include several iron-rich foods each day

Menu planners keep salt, sugar, and fat at a moderate level in meals

Meals include a variety of vegetables and fruits

Meals include foods that are good sources of fiber.

Refer to the appropriate program planning guide—*Menu Planning Guide for School Food Service, PA-1260*; *A Planning Guide for Food Service in Child Care Centers, FNS-64*; or the *Sponsor Meal Preparation Handbook for the Summer Food Service Program, FNS-207*, for further information.

\*Any product—either liquid or frozen—labeled “juice,” “full-strength juice,” “single-strength juice,” or “reconstituted juice” is considered full-strength juice. To be used in meeting a part of the vegetable/fruit requirement, the product must contain a minimum of 50 percent full-strength juice.



**Vegetables and Fruits  
for the School  
Breakfast Program**

Regulations for the School Breakfast Program require that a breakfast contain a 1/2-cup serving of fruit or fruit juice, or vegetable or vegetable juice. You can use full-strength fruit juice or vegetable juice to meet all of the requirement.

USDA recommends that you plan to include vitamin C foods frequently, and foods rich in iron each day.

**Products  
That Do  
Not Meet  
Requirements**

The following products do not qualify as vegetable or fruit and may not be credited toward meeting the vegetable/fruit requirement in any meal served under the Child Nutrition Programs:

- Snack-type foods made from vegetables or fruits, such as potato chips, corn curls, and banana chips
- Pickle relish
- Tomato catsup and chili sauce

**Information Included  
in this Section**

Over 200 different vegetables and fruits—fresh, canned, frozen, and dehydrated—are listed alphabetically. Canned and frozen juices and canned soups are listed at the end of the section.

Vegetable and fruit information includes:

- Yield information on common institutional packs, smaller packs, and 1-pound units of many canned and frozen vegetables and fruits.
- Whenever available, data on unsweetened canned and frozen fruits or those packed in juice, light syrup, or water.
- Net weight of contents of the can (including liquid) under the can size in Column 2 (exceptions are drained weight for mushrooms and olives). Minimum weight and volume of drained vegetables or fruits in No. 10 cans are usually given in Column 6.
- Yields in terms of 1/4-cup servings.
- Yields, in portions of a cup, of whole fresh vegetables and fruits (raw or cooked).
- Contribution to the meal patterns.
- Yield information on juice concentrates, tomato paste, and tomato puree as if reconstituted to full strength.
- Yield information on canned soups that contain at least 1/4 cup of vegetable per cup of soup.

## Criteria for Yields

- A serving of cooked vegetable is considered to be *drained*. If it is a canned, heated vegetable, use the listing in Column 4 that says "1/4 cup heated vegetable." If it is served unheated, the appropriate listing is "1/4 cup vegetable."
- A serving of raw vegetable used in salads with dressing is shown as "1/4 cup raw (pieces, shredded, chopped) with dressing."
- A serving of canned fruit includes the juice or syrup in which the fruit is packed unless otherwise indicated.
- A serving of fruit consists of fruit and juice even where it is only described as "cooked."
- A serving of thawed frozen fruit is fruit plus the juice that accumulated during thawing.

## Crediting of Vegetable and Fruit Concentrates

Vegetable and fruit concentrates are now allowed to be credited on a single-strength reconstituted basis rather than on the actual volume as served.

## How to Use Information on Concentrates

**Method 1**—Multiply the number of pounds of concentrate used by the creditable 1/4-cup servings per pound of concentrate.

**EXAMPLE:** A recipe calls for 4 lb 12 oz (4.75 lb) of tomato paste. Each pound of tomato paste provides 27.6 creditable servings of vegetable. Thus,  $4.75 \times 27.6 = 131.1$ . Therefore, the tomato paste in the recipe provides 131.1 creditable 1/4-cup servings of vegetable.

**Method 2**—Multiply the number of No. 10 cans of concentrate in the recipe by the number of creditable 1/4-cup servings provided by one No. 10 can of the concentrate.

**EXAMPLE:** Two No. 10 cans of tomato puree are used in a recipe. One No. 10 can of tomato puree provides 96 creditable 1/4-cup servings of vegetable. Thus,  $2 \times 96 = 192$ . Therefore, 192 creditable 1/4-cup servings would be provided by the tomato puree.

**Remember:** There is no need to count the water or other liquid used in the recipe.

**Note:** The volume of food served might be smaller because of the new crediting policy for concentrates. Plan your menus to allow enough food for the students in your school. The importance of adequate and recognizable amounts of fruits and vegetables must be considered in menu planning in order to ensure a well-balanced meal.

## Factors Affecting Yields

Yield of vegetables and fruits varies according to the form of food you use. For example:

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen ones are cleaned, blanched, and ready to cook.

- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.

- The weight of canned vegetables and fruits varies due to different densities of the food. A No. 10 can yields an average of 12 to 13-2/3 cups, from 96 oz (6 lbs) to 117 oz (7 lbs 5 oz).

**NOTE:** Yield figures for vegetables and fruits are for on-site preparation; they do not allow for losses that may occur in prepared products (both preportioned and bulk) during freezing, storage, heating, and serving.

## Instructions for Using Yield Data

The data on vegetables and fruits in the following table include yield information on *common types* and *customary portion sizes* of products that you can buy on the market as well as some USDA-donated (special purchase) products.

**Column 1 Food as purchased:** The individual foods are arranged in alphabetical order.

**Column 2 Purchase unit:** The purchase unit is specified as 1 can (generally No. 10, No. 2-1/2, or No. 303), 1 pound, or a package. You can use data for one purchase unit to determine how much you need for any number of servings.

**Column 3 Servings per purchase unit:** This column shows the number of servings of a given size from each purchase unit. Numbers in this column are sometimes rounded *down* in order to help ensure enough food for the number of servings.

**Column 4 Serving size or portion and contribution to the meal pattern:** The size of a serving or portion is given as a measure and/or weight or number of pieces. In most cases the serving size and contribution to the meal pattern are the same. When they differ, the contribution is shown in parentheses under the serving size.

**Column 5 Purchase units for 100 servings:** This column shows the number of purchase units you need for 100 servings. Numbers in this column are generally rounded *up* in order to help ensure enough food for the number of servings.

**Column 6 Additional yield information:** This column gives other information to help you calculate the amount of food you need to prepare meals. Keep in mind that yields for most fresh fruits and vegetables are based on the form as purchased from the market - whole, unpeeled, unchopped, etc. If you purchase the foods preprepared and ready to cook or use in your recipes, you need to convert to the as-purchased form used in this Buying Guide to obtain the correct yield. Use the yield information from column 6. Divide the quantity listed in the recipe (or as purchased) by the yield in column 6. This is the quantity of ready-to-cook food obtained from 1 pound as purchased. See page 13 for an example of calculations.

# APPLES

## Vegetables and Fruit

| 1.<br>Food as purchased                                    | 2.<br>Purchase unit                            | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information  |
|--|--|----------------------------------|--|---------------------------------------|---|
| <b>VEGETABLES AND FRUITS</b><br><br><b>APPLES</b><br>Fresh | Pound  | 4.2                              | 1 small raw apple (about ½ cup fruit)                                  | 23.4                                  | 1 lb AP = 0.91 lb ready-to-cook or serve raw with peel<br><br>1 small apple = approx. 2½ inch diameter (size 185-195) |
|  |  | 12.0                             | ¼ cup raw fruit  | 8.3                                   | 1 medium apple approx. 2¾ inch diameter   |
|  |  | 3.0                              | 1 medium baked apple (about ½ cup cooked fruit)                        | 33.4                                  |   |
|  |  | 11.4                             | ¼ cup raw pared fruit  | 8.8                                   | 1 lb AP = 0.78 lb ready-to-cook or serve raw, pared   |
|  |  | 6.8                              | ¼ cup cooked pared unsweetened fruit                                   | 14.7                                  | 1 lb AP = 0.78 lb cooked pared  |
|  |  | 5.8                              | ¼ cup sieved unsweetened fruit   | 17.1                                  |   |
|  |  | 50.4                             | ¼ cup fruit  | 2.0                                   | 1 No. 10 can = about 89 oz (11-7/8 cup) drained fruit   |
|  | No. 10 can (100 oz)                            |                                  |  |                                       |   |
|  | No. 2½ can (20 oz)                             | 10.0                             | ¼ cup fruit  | 9.9                                   | 1 No. 2½ can = about 26 oz (11-7/8 cup) drained fruit   |
|  | Pound  | 8.0                              | ¼ cup fruit  | 12.4                                  |   |
|  | Pound  | 21.1                             | ¼ cup fruit (about 5 pieces)   | 4.8                                   | 1 lb dry = about 5¼ cup   |
|  |  | 28.7                             | ¼ cup cooked fruit   | 3.5                                   |   |
|  | Dehydrated (slices or rings, regular moisture) |                                  |  |                                       |   |
|  |  |                                  |  |                                       |   |

**Vegetables and Fruit**

| 1.<br>Food as purchased                           | 2.<br>Purchase<br>unit                     | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                   |
|---|--|---|---|--|---|
| <b>APPLESAUCE</b><br>Canned<br>(smooth or chunky) | No. 10<br>can<br>(108 oz)                  | 47.6                                      | ¼ cup fruit   | 2.1  | 1 No. 10 can =<br>about 12<br>cup fruit                                 |
|   | No. 2½<br>can<br>(29 oz)                   | 12.8                                      | ¼ cup fruit   | 7.8  | 1 No. 2½ can =<br>about 3-1/8<br>cup fruit                              |
|   | No. 303<br>can<br>(16 oz)                  | 7.0                                       | ¼ cup fruit   | 14.2   | 1 No. 303 can =<br>about 1¾<br>cup fruit                                |
| <b>APRICOTS</b><br>Fresh                          | Pound                                      | 11.9                                      | 1 medium raw apricot<br>(about ¼ cup fruit)                                     | 8.4  |   |
|   |  | 10.8                                      | ¼ cup raw halves<br>(¼ cup fruit)   | 9.3  | 1 lb AP = 0.93<br>lb ready-to-<br>serve raw                             |
|   | Canned<br>Unpeeled<br>Whole<br>(with pits) | No. 10<br>can<br>(106 oz)                 | ¼ cup fruit and<br>juice  | 2.3  | 1 No. 10 can =<br>about 53 oz<br>(6-1/3 cup)<br>drained pitted<br>fruit |
|   |  | No. 2<br>can<br>(29 oz)                   | ¼ cup fruit and<br>juice  | 8.4  | 1 No. 2½ can =<br>about 12.8<br>oz (1¾ cup)<br>drained pitted<br>fruit  |
|   |  | No. 303<br>can<br>(16 oz)                 | ¼ cup fruit and<br>juice  | 15.2   | 1 No. 303 can =<br>about 7 oz<br>(7/8 cup)<br>drained pitted<br>fruit   |

# APRICOTS

Weight in pounds (lb) and ounces (oz)

| 1.<br>Food as purchased        | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                  |
|--------------------------------|---------------------------|---|---|--|--|
| <b>APRICOTS—Continued</b>      |                           |   |   |  |  |
| Halves                         | No. 10<br>can<br>(106 oz) | 48.4                                      | ¼ cup fruit and<br>juice  | 2.1  | 1 No. 10 can =<br>about 62 oz<br>(7-1/3 cup)<br>drained fruit          |
|                                | No. 2½<br>can<br>(29 oz)  | 13.2                                      | ¼ cup fruit and<br>juice  | 7.5  | 1 No. 2½ can =<br>about 16 oz<br>(1-7/8 cup)<br>drained fruit          |
|                                | No. 303<br>can<br>(16 oz) | 7.3                                       | ¼ cup fruit and<br>juice  | 13.7   | 1 No. 303 can =<br>about 8.9 oz<br>(1 cup)<br>drained fruit            |
| Peeled<br>Whole<br>(with pits) |                           | 3.7                                       | ¼ cup heated<br>drained fruit   | 26.8   |  |
|                                | No. 10<br>can<br>(106 oz) | 44.2                                      | ¼ cup fruit and<br>juice  | 2.3  | 1 No. 10 can =<br>about 52 oz<br>(7¼ cup)<br>drained<br>pitted fruit   |
|                                | No. 2½<br>can<br>(29 oz)  | 12.1                                      | ¼ cup fruit and<br>juice  | 8.2  | 1 No. 2½ can =<br>about 12.4 oz<br>(1¾ cup)<br>drained<br>pitted fruit |
|                                | No. 303<br>can<br>(16 oz) | 6.6                                       | ¼ cup fruit and<br>juice  | 15.0   | 1 No. 303 can =<br>about 6.9 oz<br>(1 cup) drained<br>pitted fruit     |
|                                |                           |   |   |  |  |
| Slices                         | No. 10<br>can<br>(106 oz) | 45.7                                      | ¼ cup fruit and<br>juice  | 2.2  | 1 No. 10 can =<br>about 62 oz<br>(7-2/3 cup)<br>drained fruit          |
|                                | No. 2½<br>can<br>(29 oz)  | 12.5                                      | ¼ cup fruit and<br>juice  | 8.0  | 1 No. 2½ can =<br>about 17.2<br>oz (2 cup)<br>drained fruit            |

| Vegetables and Fruit                        |                             |   |   |  |   |
|---|-----------------------------|---|---|--|---|
| 1.<br>Food as purchased                     | 2.<br>Purchase<br>unit      | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                               |
| <b>APRICOTS</b><br>Slices—Continued         | No. 303<br>can<br>(16 oz)   | 6.9                                       | ¼ cup fruit and<br>juice  | 14.5   | 1 No. 303 can =<br>about 8.9 oz<br>(1-1/8 cup)<br>drained fruit     |
| Frozen<br>(halves)                          | Pound                       | 6.7                                       | ¼ cup cooked fruit<br>and juice   | 14.9   |   |
|   |                             | 4.9                                       | ¼ cup thawed<br>drained fruit   | 20.3   |   |
| Dehydrated<br>(halves, regular<br>moisture) | Pound                       | 11.3                                      | 9 medium dry<br>halves (¼ cup<br>fruit)   | 8.9  | 1 lb dry = about<br>2-7/8 cup or 100<br>halves                      |
|   |                             | 23.4                                      | ¼ cup cooked fruit  | 4.3  |   |
| <b>ASPARAGUS</b><br>Fresh                   | Pound                       | 4.8                                       | about 3 cooked<br>spears<br>(¼ cup vegetable)                                   | 20.7   | 1 lb AP =<br>0.53 lb ready-<br>to-cook                              |
| Canned<br>Spears                            |                             | 4.8                                       | ¼ cup cooked cuts<br>and tips<br>(¼ cup vegetable)                              | 20.7   | 1 lb AP =<br>0.50 lb cooked   |
|   | No. 5<br>squat<br>(64 oz)   | 26.4                                      | about 3 medium<br>spears (¼ cup<br>vegetable)                                   | 3.8  | 1 No. 5 can =<br>about 38 oz<br>(6-2/3 cup)<br>drained<br>vegetable |
|   | Pound                       | 6.6                                       | ¼ cup vegetable   | 15.2   | Medium spear<br>approx. ½ inch<br>diameter at<br>base               |
|   | No. 300<br>cyl<br>(14.5 oz) | 5.8                                       | ¼ cup vegetable   | 17.1   | 1 No. 300 cyl =<br>about 8.2 oz<br>(1½ cup)<br>drained<br>vegetable |



# **ASPARAGUS — BANANAS**

## **Vegetables and Fruits**

| 1.<br>Food as purchased                         | 2.<br>Purchase<br>unit      | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                               |
|---|-----------------------------|---|---|--|---|
| <b>ASPARAGUS—Continued</b><br><br>Cuts and tips | No. 10<br>can<br>(101 oz)   | 39.5                                      | ¼ cup vegetable   | 2.6  | 1 No. 10 can =<br>about 58 oz<br>(10 cup)<br>drained<br>vegetable   |
|   | Pound                       | 6.2                                       | ¼ cup vegetable   | 16.0   |   |
|   | No. 300<br>cyl<br>(14.5 oz) | 5.5                                       | ¼ cup vegetable   | 18.1   | 1 No. 300 cyl =<br>about 8.2 oz<br>(1½ cup)<br>drained<br>vegetable |
|   |                             |   |   |  |   |
| Frozen<br>Spears                                | Pound                       | 10.7                                      | about 3 cooked<br>spears (¼ cup<br>vegetable)                                   | 9.3  |   |
| Cuts and tips                                   | Pound                       | 8.1                                       | ¼ cup cooked<br>vegetable   | 12.3   |   |
| <b>AVOCADOS</b><br>Fresh                        | Pound                       | 8.2                                       | ¼ cup raw diced<br>vegetable  | 12.1   | 1 lb AP = 0.67<br>lb ready-to-<br>serve raw                         |
|   |                             | 7.5                                       | ¼ cup raw sliced<br>vegetable   | 13.3   |   |
|   |                             | 5.1                                       | ¼ cup raw mashed<br>vegetable   | 19.6   |   |
| <b>BANANAS</b><br>Fresh                         | Pound                       | 3.2                                       | 1 small banana<br>(about ½ cup<br>fruit)  | 30.9   | Institutional<br>pack (150<br>per case)                             |
|   |                             | 5.1                                       | ½ medium banana<br>(about ¾ cup fruit)  | 19.3   | Medium is<br>about 7 –<br>8 inch AP                                 |
|   |                             | 8.1                                       | ¼ cup raw sliced<br>fruit   | 12.3   | 1 lb AP =<br>0.65 lb ready-<br>to-serve raw                         |
|   |                             | 5.2                                       | ¼ cup raw mashed<br>fruit   | 19.2   |   |

**BANANAS —  
BEANS, GARBANZO**

| Vegetables and Fruits   |                           |   |   |  |  |
|---|---------------------------|---|---|--|--|
| 1.<br>Food as purchased   | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                  |
| <b>BANANAS—Continued</b><br>Canned<br>Mashed  | No.10 can<br>(116 oz)     | 50.9                                      | ¼ cup fruit   | 2.0  |  |
|   | Pound                     | 7.0                                       | ¼ cup fruit   | 14.3   |  |
| <b>BEANS, BLACK EYE<br/>BEANS OR PEAS</b><br>Fresh<br>(shelled)<br><br>Canned<br>(green)<br><br><br>Frozen<br><br>Dry | Pound                     | 10.3                                      | ¼ cup cooked<br>vegetable   | 9.7  | 1 lb in pod =<br>0.51 lb ready-<br>to-cook                             |
|   | No.10 can<br>(105 oz)     | 43.0                                      | ¼ cup heated<br>vegetable   | 2.4  | 1 No. 10 can =<br>about 72 oz<br>(11-3/8 cup)<br>drained<br>vegetable  |
|   | No. 303<br>can<br>(16 oz) | 6.5                                       | ¼ cup heated<br>vegetable   | 15.3   | 1 No. 303 can =<br>about 11 oz (1¾<br>cup) drained<br>vegetable        |
|   | Pound                     | 11.2                                      | ¼ cup cooked<br>vegetable   | 8.9  |  |
|   | Pound                     | 28.3                                      | ¼ cup cooked<br>vegetable   | 3.6  | 1 lb dry =<br>about 2¾ cup   |
| <b>BEANS, GARBANZO<br/>(CHICKPEAS)</b><br>Canned<br><br><br>Dry   | Pound                     | 7.2                                       | ¼ cup vegetable   | 13.9   |  |
|   | No. 300<br>can<br>(15 oz) | 6.7                                       | ¼ cup vegetable   | 14.8   | 1 No. 300 can =<br>about 9.6 oz<br>(1-2/3 cup)<br>drained<br>vegetable |
|   | Pound                     | 24.6                                      | ¼ cup cooked<br>vegetable   | 4.1  | 1 lb dry =<br>about 2½ cup   |

**BEANS, GREAT NORTHERN —  
BEANS, GREEN**

| Vegetables and Fruits        |                       |                                  |  |                                       |   |
|------------------------------|-----------------------|----------------------------------|--|---------------------------------------|---|
| 1.<br>Food as purchased      | 2.<br>Purchase unit   | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                        |
| BEANS, GREAT NORTHERN<br>Dry | Pound                 | 25.5                             | ¼ cup cooked vegetable   | 4.0                                   | 1 lb dry = about 2½ cup                                   |
| BEANS, GREEN<br>Fresh        | Pound                 | 11.1                             | ¼ cup cooked vegetable   | 9.0                                   | 1 lb AP = 0.88 lb ready-to-cook                           |
| Canned<br>Whole              | No. 10 can (101 oz)   | 52.2                             | ¼ cup vegetable  | 2.0                                   | 1 No. 10 can = about 58 oz (13 cup) drained vegetable     |
|                              | No. 2½ can (28 oz)    | 14.4                             | ¼ cup heated vegetable   | 7.0                                   | 1 No. 2½ can = about 16 oz (3-5/8 cup) drained vegetable  |
|                              | Pound                 | 8.2                              | ¼ cup vegetable  | 12.1                                  |   |
|                              | No. 303 can (15.5 oz) | 8.0                              | ¼ cup vegetable  | 12.5                                  |   |
|                              | No. 10 can (101 oz)   | 45.3                             | ¼ cup heated vegetable   | 2.3                                   | 1 No. 10 can = about 60 oz (12-7/8 cup) drained vegetable |
|                              |                       | 51.1                             | ¼ cup vegetable  | 2.0                                   |   |
|                              | No. 2½ can (28 oz)    | 12.5                             | ¼ cup heated vegetable   | 8.0                                   | 1 No. 2½ can = about 16 oz (3½ cup) drained vegetable     |
|                              |                       | 14.1                             | ¼ cup vegetable  | 7.0                                   |   |
|                              | Pound                 | 7.1                              | ¼ cup heated vegetable   | 14.0                                  |   |
| Cut                          |                       | 8.1                              | ¼ cup vegetable  | 12.4                                  |   |

**BEANS, GREEN —  
BEANS, KIDNEY**

**Vegetables and Fruits**

| 1.<br>Food as purchased              | 2.<br>Purchase<br>unit      | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                 |
|--------------------------------------|-----------------------------|---|---|--|---|
| <b>BEANS, GREEN</b><br>Cut—Continued | No. 303<br>can<br>(15.5 oz) | 6.9                                       | ¼ cup heated<br>vegetable   | 14.4   | 1 No. 303 can =<br>about 9.2<br>oz (2 cup)<br>drained<br>vegetable    |
|                                      |                             | 7.8                                       | ¼ cup vegetable   | 12.8   |   |
|                                      | No. 10<br>can<br>(101 oz)   | 36.5                                      | ¼ cup heated<br>vegetable   | 2.8  | 1 No. 10 can =<br>about 59 oz<br>(12 cup)<br>drained<br>vegetable     |
|                                      |                             |   |   |  |   |
|                                      | No. 2½<br>can<br>(28 oz)    | 10.1                                      | ¼ cup heated<br>vegetable   | 9.9  | 1 No. 2½ can =<br>about 16.2<br>oz (3¼ cup)<br>drained<br>vegetable   |
|                                      | Pound                       | 5.8                                       | ¼ cup heated<br>vegetable   | 17.3   |   |
|                                      | No. 303<br>can<br>(15.5 oz) | 5.6                                       | ¼ cup heated<br>vegetable   | 17.9   | 1 No. 303 can =<br>about 8.7<br>oz (1¾ cup)<br>drained<br>vegetable   |
|                                      |                             |   |   |  |   |
| Frozen<br>Cut                        | Pound                       | 11.6                                      | ¼ cup cooked<br>vegetable   | 8.7  |   |
| French-style                         | Pound                       | 12.0                                      | ¼ cup cooked<br>vegetable   | 8.3  |   |
| <b>BEANS, KIDNEY</b><br>Canned       | No. 10<br>can<br>(108 oz)   | 41.8                                      | ¼ cup heated<br>vegetable   | 2.4  | 1 No. 10 can =<br>about 72 oz<br>(11-3/8 cup)<br>drained<br>vegetable |
|                                      |                             | 45.5                                      | ¼ cup vegetable   | 2.2  |   |

**BEANS, KIDNEY —  
BEANS, LIMA**

**Vegetables and Fruits**

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |
|--|---------------------------|---|---|--|---|
| <b>BEANS, KIDNEY<br/>—Continued</b>  | No. 2½<br>can<br>(30 oz)  | 11.6                                      | ¼ cup heated<br>vegetable   | 8.6  | 1 No. 303 can =<br>about 10.7<br>oz (1-2/3 cup)<br>drained<br>vegetable<br>1 lb dry =<br>about 2½ cup |
|  |                           | 12.6                                      | ¼ cup vegetable   | 7.9  |   |
|  | No. 303<br>can<br>(16 oz) | 6.2                                       | ¼ cup heated<br>vegetable   | 16.1   |   |
|  | Pound                     | 6.7                                       | ¼ cup vegetable   | 14.9   |   |
|  |                           | 24.8                                      | ¼ cup cooked<br>vegetable   | 4.1  |   |
| <b>BEANS, LIMA</b><br>Fresh<br>(shelled)<br><br>Canned<br>(green)<br><br><br><br>Frozen<br>Baby<br><br>Fordhook<br><br>Dry<br>Baby<br><br>Fordhook | Pound                     | 10.8                                      | ¼ cup cooked<br>vegetable   | 9.3  | 1 lb in pod =<br>0.44 lb ready-<br>to-cook  |
|  | No. 10 can<br>(105 oz)    | 41.0                                      | ¼ cup heated<br>vegetable   | 2.5  | 1 No. 10 can =<br>about 72 oz<br>(11¾ cup)<br>drained<br>vegetable                                    |
|  | No. 2½<br>can<br>(40 oz)  | 15.7                                      | ¼ cup heated<br>vegetable   | 6.4  | 1 No. 2½ can =<br>about 27 oz<br>(4½ cup)<br>drained<br>vegetable                                     |
|  | No. 303<br>can<br>(16 oz) | 6.2                                       | ¼ cup heated<br>vegetable   | 16.0   | 1 No. 303 can =<br>about 11 oz<br>(1¾ cup)<br>drained<br>vegetable                                    |
|  | Pound                     | 10.9                                      | ¼ cup cooked<br>vegetable   | 9.2  |   |
|  | Pound                     | 11.1                                      | ¼ cup cooked<br>vegetable   | 9.0  |   |
|  | Pound                     | 23.4                                      | ¼ cup cooked<br>vegetable   | 4.3  | 1 lb dry =<br>about 2-3/8 cup   |
|  | Pound                     | 27.0                                      | ¼ cup cooked<br>vegetable   | 3.7  | 1 lb dry =<br>about 2-5/8 cup   |
|  |                           |   |   |  |   |

**BEANS, MUNG—  
BEANS, WAX**

**Vegetables and Fruits**

| 1.<br>Food as purchased              | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                           |
|--------------------------------------|---------------------|----------------------------------|--|---------------------------------------|--|
| <b>BEANS, MUNG</b><br>Dry            | Pound               | 28.1                             | ¼ cup cooked vegetable   | 3.6                                   | 1 lb dry = about 2¼ cup                                      |
| <b>BEANS, NAVY (PEA)</b><br>Dry      | Pound               | 23.9                             | ¼ cup cooked vegetable   | 4.2                                   | 1 lb dry = about 2¼ cup                                      |
| <b>BEANS, PINTO</b><br>Canned        | No. 10 can (108 oz) | 43.3                             | ¼ cup heated vegetable   | 2.4                                   | 1 No. 10 can = about 92 oz (11½ cup) drained vegetable       |
|                                      | No. 303 can (16 oz) | 6.4                              | ¼ cup heated vegetable   | 15.6                                  |  |
| Dry                                  | Pound               | 24.9                             | ¼ cup cooked vegetable   | 4.1                                   | 1 lb dry = about 2-3/8 cup                                   |
| <b>BEANS, SOY</b><br>Fresh (shelled) | Pound               | 10.7                             | ¼ cup cooked vegetable   | 9.4                                   | 1 lb in pod = about 0.65 lb (1¾ cup) blanched, shelled beans |
| Canned                               | Pound               | 7.3                              | ¼ cup heated vegetable   | 13.7                                  |  |
| Dry                                  | Pound               | 25.9                             | ¼ cup cooked vegetable   | 3.9                                   | 1 lb dry = about 2½ cup                                      |
| <b>BEANS, WAX</b><br>Fresh           | Pound               | 9.4                              | ¼ cup cooked vegetable   | 10.7                                  | 1 lb AP = 0.88 lb ready-to-cook                              |
| Canned                               | No. 10 can (101 oz) | 46.8                             | ¼ cup heated vegetable   | 2.2                                   | 1 No. 10 can = about 60 oz (13 cup) drained vegetable        |
|                                      |                     | 51.9                             | ¼ cup vegetable  | 2.0                                   |  |

**BEANS, WAX—  
BEAN SPROUTS**

**Vegetables and Fruits**

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit      | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                              |
|--|-----------------------------|---|---|--|--|
| <b>BEANS, WAX</b><br>—Continued  | No. 2½<br>can<br>(28 oz)    | 12.9                                      | ¼ cup heated<br>vegetable   | 7.9  | 1 No. 2½ can =<br>about 16 oz<br>(3½ cup)<br>drained<br>vegetable  |
|  |                             | 14.0                                      | ¼ cup vegetable   | 7.2  |  |
|  | Pound                       | 7.4                                       | ¼ cup heated<br>vegetable   | 13.5   | 1 No. 303 can =<br>about<br>9.2 oz (2 cup)<br>drained<br>vegetable |
|  |                             | 8.1                                       | ¼ cup vegetable   | 12.3   |  |
|  | No. 303<br>can<br>(15.5 oz) | 7.1                                       | ¼ cup heated<br>vegetable   | 14.0   |  |
|  |                             | 7.7                                       | ¼ cup vegetable   | 17.9   |  |
| <b>BEAN SPROUTS</b><br>Fresh<br>Alfalfa<br><br>Mung<br><br>Soybean<br><br>Canned | Pound                       | 39.9                                      | ¼ cup raw sprouts<br>(¼ cup vegetable)  | 2.6  | 1 lb AP =<br>1.21 lb ready-<br>to-serve raw                        |
|  | Pound                       | 26.2                                      | ¼ cup raw sprouts<br>(¼ cup vegetable)  | 3.9  |  |
|  |                             | 14.6                                      | ¼ cup parboiled<br>vegetable  | 6.9  | 1 lb AP =<br>0.89 lb<br>parboiled                                  |
|  | Pound                       | 17.2                                      | ¼ cup parboiled<br>vegetable  | 5.8  |  |
|  | No. 10 can<br>(102 oz)      | 39.6                                      | ¼ cup heated<br>vegetable   | 2.6  | 1 No. 10 can =<br>about 53 oz<br>(11¼ cup)<br>drained<br>vegetable |
|  |                             | 46.9                                      | ¼ cup vegetable   | 2.2  |  |
|  |                             | 6.2                                       | ¼ cup heated<br>vegetable   | 16.1   |  |
|  | Pound                       | 7.3                                       | ¼ cup vegetable   | 13.6   |  |



# BEET GREENS— BEETS

| Vegetables and Fruits                      |                     |                                  |  |                                       |  |
|--|---------------------|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased                    | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information   |
| <b>BEET GREENS</b><br>Fresh<br>(untrimmed) | Pound               | 3.5                              | ¼ cup cooked vegetable   | 28.6                                  | 1 lb AP = 0.48 lb ready-to-cook  |
| <b>BEETS</b><br>Fresh<br>(without tops)    | Pound               | 11.6                             | ¼ cup raw pared sticks<br>(¼ cup vegetable)                            | 8.6                                   | 1 lb AP = 0.77 lb pared  |
|  |                     | 7.6                              | ¼ cup cooked diced vegetable   | 13.1                                  |  |
|  |                     | 7.7                              | ¼ cup cooked sliced vegetable  | 13.0                                  | 1 lb AP = 0.73 lb cooked slices  |
|  | Canned<br>Diced     | No. 10 can<br>(104 oz)           | ¼ cup heated vegetable   | 2.1                                   | 1 No. 10 can plain or pickled beets — about 72 oz (13-3/8 cup) drained vegetable |
|  |                     |                                  | ¼ cup vegetable  | 1.9                                   |  |
|  |                     | No. 303 can<br>(16 oz)           | ¼ cup heated vegetable   | 14.1                                  | 1 No. 303 can — about 10.5 oz (2 cup) drained vegetable                          |
|  | Sliced              | No. 10 can<br>(104 oz)           | ¼ cup heated vegetable   | 2.4                                   | 1 No. 10 can plain or pickled beets about 68 oz (11 cup) drained vegetable       |
|  |                     |                                  | ¼ cup vegetable  | 2.3                                   |  |
|  |                     | No. 303 can<br>(16 oz)           | ¼ cup heated vegetable   | 15.8                                  | 1 No. 303 can — about 10.2 oz (1-2/3 cup) drained vegetable                      |
|  |                     |                                  | ¼ cup vegetable  | 15.2                                  |  |

# BEETS — BLUEBERRIES

## Vegetables and Fruits

| 1.<br>Food as purchased                 | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                 |
|---|---------------------------|---|---|--|---|
| BEETS — Continued<br>Whole, baby beets  | No. 10 can<br>(104 oz)    | 48.2                                      | ¼ cup vegetable   | 2.1  | 1 No. 10 can =<br>about 68 oz<br>(12-1/8 cup)<br>drained<br>vegetable |
|   | No. 303<br>can<br>(16 oz) | 7.0                                       | ¼ cup vegetable   | 14.2   | 1 No. 303 can =<br>about 10 oz<br>(1¾ cup)<br>drained<br>vegetable    |
| BLACKBERRIES,<br>BOYSENBERRIES<br>Fresh | Quart<br>(20 oz)          | 14.9                                      | ¼ cup raw berries<br>(¼ cup fruit)  | 6.8  | 1 qt AP =<br>about 1.2 lb<br>(3¾ cup) ready-<br>to-serve raw          |
|   | Pound                     | 11.9                                      | ¼ cup raw berries<br>(¼ cup fruit)  | 8.4  | 1 lb AP = 0.96<br>lb ready-to-<br>serve raw                           |
|   | Canned                    | No. 10 can<br>(103 oz)                    | ¼ cup fruit and juice   | 2.1  | 1 No. 10 can =<br>about 66 oz<br>(10-2/3 cup)<br>drained fruit        |
|   |                           | No. 303<br>can<br>(16 oz)                 | ¼ cup fruit and juice   | 13.5   | 1 No. 303 can =<br>about 9.2 oz<br>(1½ cup)<br>drained fruit          |
|   | Frozen                    | Pound                                     | ¼ cup cooked fruit,<br>sugar added  | 12.4   |   |
|   |                           |   | ¼ cup thawed fruit,<br>sugar added  | 11.2   |   |
| BLUEBERRIES<br>Fresh                    | Pint<br>(14¼ oz)          | 10.7                                      | ¼ cup raw berries<br>(¼ cup fruit)  | 9.3  | 1 pt AP =<br>about 0.87 lb<br>(2⅔ cup) ready-<br>to-serve raw         |
|   | Pound                     | 11.9                                      | ¼ cup raw berries<br>(¼ cup fruit)  | 8.4  | 1 lb AP = 0.96<br>lb ready-to-<br>serve raw                           |

**BLUEBERRIES —  
CABBAGE**

| Vegetables and Fruits                |                                     |   |   |  |   |
|--------------------------------------|-------------------------------------|---|---|--|---|
| 1.<br>Food as purchased              | 2.<br>Purchase<br>unit              | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                           |
| BLUEBERRIES<br>— Continued<br>Canned | No. 10 can<br>(105 oz)              | 47.6                                      | ¼ cup fruit and juice   | 2.1  | 1 No. 10 can =<br>about 55 oz<br>(9¼ cup)<br>drained fruit      |
|                                      | Pound                               | 7.2                                       | ¼ cup fruit and juice   | 13.8   |   |
|                                      | No. 300<br>can<br>(15 oz)           | 6.8                                       | ¼ cup fruit<br>and juice  | 14.7   | 1 No. 300 can =<br>about 8.2 oz<br>(1-3/8 cup)<br>drained fruit |
|                                      | Frozen                              | 11.7                                      | ¼ cup fruit,<br>unsweetened, thawed   | 8.5  |   |
|                                      |                                     | 7.8                                       | ¼ cup cooked fruit,<br>sugar added  | 12.7   |   |
| BROCCOLI<br>Fresh                    | Pound                               | 9.8                                       | ¼ cup raw spears<br>(¼ cup vegetable)   | 10.3   | 1 lb AP =<br>0.81 lb ready-<br>to-cook                          |
|                                      |                                     | 9.4                                       | ¼ cup cooked spears<br>(¼ cup vegetable)  | 10.6   | 1 medium<br>spear = about<br>¼ cup                              |
|                                      |                                     | 10.2                                      | ¼ cup cooked cuts<br>(¼ cup vegetable)  | 9.8  |   |
|                                      | Frozen<br>Spears,<br>cut or chopped | Pound                                     | 9.6   | ¼ cup cooked<br>vegetable                      | 10.4  |
| BRUSSELS SPROUTS<br>Fresh            | Pound                               | 8.5                                       | ¼ cup cooked<br>vegetable   | 11.7   | 1 lb AP = 0.76<br>lb ready-to-<br>cook                          |
|                                      | Frozen                              | Pound                                     | 10.4  | ¼ cup cooked<br>vegetable                      | 9.6   |
| CABBAGE<br>Fresh                     | Pound                               | 17.7                                      | ¼ cup raw chopped<br>vegetable  | 5.7  | 1 lb AP =<br>0.87 lb ready-<br>to-cook or<br>serve raw          |

# **CABBAGE — CANTALOUPE**

## **Vegetables and Fruits**

| 1.<br>Food as purchased                | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information  |
|--|------------------------|---|---|--|--|
| CABBAGE — Continued                    |                        | 11.2                                      | ¼ cup raw chopped<br>vegetable with dress-<br>ing                               | 9.0  | 1 lb AP =<br>0.89 lb ready-<br>to-cook<br>shredded<br><br>1 lb AP =<br>0.90 lb ready-<br>to-cook<br>wedges           |
|  |                        | 26.4                                      | ¼ cup raw shredded<br>vegetable   | 3.8  |  |
|  |                        | 13.8                                      | ¼ cup cooked<br>shredded vegetable  | 7.3  |  |
|  |                        | 8.4                                       | ¼ cup cooked<br>vegetable wedges  | 11.8   |  |
| CABBAGE, CELERY OR<br>CHINESE<br>Fresh | Pound                  | 26.3                                      | ¼ cup raw vegetable<br>pieces   | 3.8  | 1 lb AP = 0.93<br>lb ready-to-<br>serve  |
|  |                        | 10.6                                      | ¼ cup cooked<br>vegetable strips  | 9.4  |  |
| CABBAGE, RED<br>Fresh                  | Pound                  | 13.0                                      | ¼ cup raw chopped<br>vegetable  | 7.7  | 1 lb AP =<br>0.64 lb ready-<br>to-cook or<br>serve raw<br><br>1 lb AP =<br>0.83 lb ready-<br>to-cook or<br>serve raw |
|  |                        | 24.6                                      | ¼ cup raw shredded<br>vegetable   | 4.1  |  |
|  |                        | 13.3                                      | ¼ cup cooked<br>shredded vegetable  | 7.5  |  |
| CANTALOUPE<br>Fresh                    | Melon<br>(27 oz)       | 4.0                                       | ¼ small melon<br>(about ½ cup fruit)  | 25.0   | Size 36 — about<br>5½ inches<br>diameter   |
|  | Pound                  | 5.8                                       | ¼ cup cubes or<br>diced fruit   | 17.2   | 1 lb AP =<br>0.52 lb ready-<br>to-serve raw  |

# CANTALOUPE— CARROTS

## Vegetables and Fruits

| 1.<br>Food as purchased                   | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                    |
|---|---------------------------|---|---|--|--|
| <b>CANTALOUPE</b><br>—Continued           |                           |   |   |  |  |
| Frozen<br>(melon balls)                   | Pound                     | 7.8                                       | ¼ cup fruit and juice   | 12.8   |  |
| In syrup                                  | Pound                     | 8.7                                       | ¼ cup fruit   | 11.5   | 1 lb = about<br>35 balls                                 |
| Unsweetened                               |                           |   |   |  |  |
| <b>CARROTS</b><br>Fresh<br>(without tops) | Pound                     | 10.3                                      | ¼ cup raw vegetable<br>strips (about 6<br>strips—4 x ½ inch)                    | 9.7  | 1 lb AP =<br>0.70 lb ready-<br>to-cook or<br>serve raw   |
|   |                           | 10.6                                      | ¼ cup chopped<br>vegetable  | 9.5  |  |
|   |                           | 14.4                                      | ¼ cup raw shredded<br>vegetable   | 7.0  |  |
|   |                           | 8.1                                       | ¼ cup raw shredded<br>vegetable with<br>dressing                                | 12.3   |  |
|   |                           | 9.3                                       | ¼ cup raw vegetable<br>slices   | 10.7   |  |
|   |                           | 8.4                                       | ¼ cup cooked<br>vegetable slices  | 11.9   | 1 lb AP =<br>0.60 lb cooked                              |
| Canned<br>Diced                           | No. 10 can<br>(105 oz)    | 48.1                                      | ¼ cup heated<br>vegetable   | 2.1  | 1 No. 10 can =<br>72 oz<br>drained<br>vegetable          |
|   | No. 303<br>can<br>(16 oz) | 7.3                                       | ¼ cup heated<br>vegetable   | 13.7   | 1 No. 303 can =<br>about 10.5 oz<br>drained<br>vegetable |
| Sliced                                    | No. 10 can<br>(105 oz)    | 47.4                                      | ¼ cup heated<br>vegetable   | 2.2  | 1 No. 10 can =<br>68 oz drained<br>vegetable             |
|   | No. 303<br>can<br>(16 oz) | 7.2                                       | ¼ cup heated<br>vegetable   | 13.9   | 1 No. 303 can =<br>about 10 oz<br>drained<br>vegetable   |

# **CARROTS— CELERY**

## **Vegetables and Fruits**

| 1.<br>Food as purchased                  | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                             |
|--|------------------------|---|---|--|---|
| <b>CARROTS</b><br>– Continued            |                        |   |   |  |   |
| Frozen<br>Sliced                         | Pound                  | 10.5                                      | ¼ cup cooked<br>vegetable   | 9.5  |   |
| Whole                                    | Pound                  | 10.9                                      | ¼ cup cooked<br>vegetable   | 9.2  |   |
| <b>CAULIFLOWER</b><br>Fresh<br>(trimmed) | Pound                  | 12.5                                      | ¼ cup raw sliced<br>vegetable   | 8.0  | 1 lb AP =<br>0.62 lb ready-<br>to-cook or<br>serve raw            |
|  |                        | 12.3                                      | ¼ cup raw vegetable<br>florets  | 8.1  | 1 medium head<br>= about 6 cup<br>florets                         |
|  |                        | 8.8                                       | ¼ cup cooked<br>vegetable florets   | 11.3   | 1 lb AP =<br>0.61 lb cooked                                       |
| Frozen                                   | Pound                  | 9.2                                       | ¼ cup cooked<br>vegetable   | 10.9   |   |
| <b>CELERY</b><br>Fresh<br>(trimmed)      | Pound                  | 12.2                                      | ¼ cup raw vegetable<br>sticks or strips (about<br>4 sticks 3 × ¾ inch)          | 8.2  |   |
|  |                        | 12.5                                      | ¼ cup raw chopped<br>vegetable  | 8.0  | 1 lb AP =<br>0.83 lb ready-<br>to-cook or<br>serve raw            |
|  |                        | 12.3                                      | ¼ cup raw diced<br>vegetable  | 8.1  |   |
|  |                        | 8.7                                       | ¼ cup cooked diced<br>vegetable   | 11.4   | 1 lb AP =<br>0.74 lb cooked                                       |
|  |                        | 8.1                                       | ¼ cup cooked sliced<br>vegetable  | 12.4   |   |
| Canned, Cooked<br>(diced)                | No. 10 can<br>(105 oz) | 28.1                                      | ¼ cup heated<br>vegetable   | 3.6  | 1 No. 10 can =<br>about 51 oz<br>(8½ cup)<br>drained<br>vegetable |
|  | Pound                  | 4.2                                       | ¼ cup heated<br>vegetable   | 23.4   |   |

**Vegetables and Fruits**

| 1.<br>Food as purchased                     | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                     |
|---|---------------------------|---|---|--|---|
| <b>CELERY—Continued</b>                     |                           |   |   |  |   |
| Canned, Salad<br>(diced)                    | No. 10 can<br>(105 oz)    | 57.4                                      | ¼ cup vegetable   | 1.8  | 1 No. 10 can =<br>about 72 oz<br>(14¼ cup)<br>drained<br>vegetable        |
|   |                           | 54.3                                      | ¼ cup heated<br>vegetable   | 1.9  |   |
|   | Pound                     | 8.7                                       | ¼ cup vegetable   | 11.5   |   |
|   |                           | 8.2                                       | ¼ cup heated<br>vegetable   | 12.1   |   |
| <b>CHARD, SWISS</b><br>Fresh<br>(untrimmed) | Pound                     | 6.3                                       | ¼ cup cooked<br>vegetable   | 15.8   | 1 lb AP =<br>0.92 lb ready-<br>to-cook                                    |
| <b>CHERRIES</b><br>Fresh<br>Sweet           | Pound                     | 8.5                                       | ¼ cup raw pitted<br>cherries, about 7<br>whole (¼ cup fruit)                    | 11.8   | 1 lb AP =<br>0.98 lb ready-<br>to-serve with<br>pits or 0.84 lb<br>pitted |
| Red, tart                                   | Pound                     | 6.4                                       | ¼ cup cooked pitted<br>fruit, sugar added                                       | 15.5   | 1 lb AP =<br>0.87 lb pitted<br>uncooked                                   |
| Canned<br>Sweet<br>(with pits)              | No. 10<br>can<br>(106 oz) | 45.8                                      | ¼ cup fruit<br>and juice  | 2.2  | 1 No. 10 can =<br>about 59 oz<br>(9¼ cup)<br>drained<br>pitted fruit      |
|   | No. 2½<br>can<br>(29 oz)  | 12.5                                      | ¼ cup fruit<br>and juice  | 8.0  | 1 No. 2½ can =<br>about 17.6 oz<br>(2-3/8 cup)<br>drained fruit           |
|   | No. 303<br>can<br>(16 oz) | 6.9                                       | ¼ cup fruit,<br>pitted, and juice   | 14.5   | 1 No. 303 can =<br>about 8.4 oz<br>(1-1/3 cup)<br>drained<br>pitted fruit |



# **CHERRIES— COLLARDS**

## **Vegetables and Fruits**

| 1.<br>Food as purchased       | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                              |
|-------------------------------|---------------------------|---|---|--|--|
| CHERRIES—Continued            |                           |   |   |  |  |
| Red, tart<br>(pitted)         | No. 10<br>can<br>(103 oz) | 50.3                                      | ¼ cup cooked<br>fruit and juice,<br>sugar added                                 | 2.0  | 1 No. 10 can =<br>about 72 oz<br>(11½ cup)<br>drained fruit        |
|                               | No. 2½<br>can<br>(29 oz)  | 14.1                                      | ¼ cup cooked<br>fruit and juice,<br>sugar added                                 | 7.1  |  |
|                               | No. 303<br>can<br>(16 oz) | 7.8                                       | ¼ cup cooked<br>fruit and juice,<br>sugar added                                 | 12.8   | 1 No. 303 can =<br>about 10.7 oz<br>(1¾ cup)<br>drained fruit      |
| Maraschino<br>Large           | Pound                     | 6.2                                       | ¼ cup fruit   | 16.1   |  |
| Small                         | Pound                     | 5.7                                       | ¼ cup fruit   | 17.4   |  |
| Frozen<br>(red, tart, pitted) | Pound                     | 5.9                                       | ¼ cup cooked fruit  | 16.8   |  |
|                               |                           | 7.0                                       | ¼ cup fruit, thawed   | 14.3   | 1 lb AP =<br>about 0.70 lb<br>(1½ cup)<br>thawed fruit,<br>drained |
| CHICORY                       |                           |   |   |  |  |
| Fresh                         | Pound                     | 47.4                                      | ¼ cup raw vegetable<br>pieces   | 2.2  | 1 lb AP =<br>0.89 lb ready-<br>to-serve raw                        |
|                               |                           | 31.6                                      | ¼ cup raw vegetable<br>pieces with dressing                                     | 3.2  |  |
| COLLARDS                      |                           |   |   |  |  |
| Fresh<br>(untrimmed)          | Pound                     | 6.2                                       | ¼ cup cooked<br>vegetable leaves  | 16.2   | 1 lb AP =<br>0.57 lb ready-<br>to-cook                             |
|                               |                           | 10.5                                      | ¼ cup cooked<br>vegetable leaves and<br>stems                                   | 9.6  | 1 lb AP =<br>0.74 lb ready-<br>to-cook                             |

**COLLARDS —  
CORN**

**Vegetables and Fruits**

| 1.<br>Food as purchased              | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                  |
|--------------------------------------|---------------------------|---|---|--|--|
| <b>COLLARDS—Continued</b>            |                           |   |   |  |  |
| Canned                               | No. 10<br>can<br>(98 oz)  | 24.7                                      | ¼ cup heated<br>vegetable   | 4.1  | 1 No. 10 can =<br>about 58 oz<br>drained<br>vegetable                  |
|                                      | No. 2½<br>can<br>(27 oz)  | 6.8                                       | ¼ cup heated<br>vegetable   | 14.7   | 1 No. 2½ can =<br>about 17.6 oz<br>(3 cup)<br>drained<br>vegetable     |
|                                      | No. 303<br>can<br>(15 oz) | 3.7                                       | ¼ cup heated<br>vegetable   | 26.4   | 1 No. 303 can =<br>about 9.6 oz<br>(1-2/3 cup)<br>drained<br>vegetable |
| Frozen<br>(chopped or<br>whole leaf) | Pound                     | 9.2                                       | ¼ cup cooked<br>vegetable   | 10.8   |  |
| <b>CORN</b>                          |                           |   |   |  |  |
| Fresh<br>(with husks)                | Pound                     | 1.6                                       | 1 medium ear<br>(about ½ cup<br>cooked vegetable)                               | 53.2   | 1 lb AP =<br>0.33 lb edible<br>portion cooked                          |
|                                      |                           | 3.7                                       | ¼ cup cooked<br>vegetable   | 27.0   |  |
| (without husks)                      | Pound                     | 2.5                                       | 1 medium ear<br>(about ½ cup cooked<br>vegetable)                               | 38.8   |  |
|                                      |                           | 5.6                                       | ¼ cup cooked<br>vegetable   | 17.6   | 1 lb AP =<br>0.55 lb raw cut<br>corn                                   |
| Canned<br>Cream                      | No. 10 can<br>(106 oz)    | 43.2                                      | ¼ cup heated<br>vegetable   | 2.4  |  |
|                                      | No. 303<br>can<br>(16 oz) | 6.5                                       | ¼ cup heated<br>vegetable   | 15.3   |  |

# **CORN — CRANBERRIES**

| Vegetables and Fruits  |                            |   |   |  |  |
|--|----------------------------|---|---|--|--|
| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit     | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                              |
| CORN — Continued<br><br>Whole kernel<br>Vacuum pack<br><br><br><br><br><br><br><br><br><br>Liquid pack<br><br><br><br><br><br><br>Frozen<br>(whole kernel) | No. 10 can<br>(75 oz)      | 41.7                                      | ¼ cup heated<br>vegetable   | 2.4  | 1 No. 10 can =<br>about 63 oz<br>(10½ cup)<br>vegetable            |
|  | Pound                      | 8.9                                       | ¼ cup heated<br>vegetable   | 11.3   |  |
|  | No. 2<br>vacuum<br>(12 oz) | 6.6                                       | ¼ cup heated<br>vegetable   | 15.0   |  |
|  | No. 10 can<br>(106 oz)     | 46.4                                      | ¼ cup heated<br>vegetable   | 2.2  | 1 No. 10 can =<br>about 70 oz<br>(11½ cup)<br>drained<br>vegetable |
|  | No. 303<br>can<br>(16 oz)  | 6.7                                       | ¼ cup heated<br>vegetable   | 14.8   |  |
|  | Pound                      | 11.0                                      | ¼ cup cooked<br>vegetable   | 9.1  |  |
| CRANBERRIES<br>Fresh   | Pound                      | 15.6                                      | ¼ cup raw chopped<br>fruit  | 6.4  | 1 lb AP = 0.95<br>lb ready-to-<br>cook or serve<br>raw             |
|  |                            | 11.1                                      | ¼ cup cooked fruit,<br>sugar added, whole<br>berry                              | 9.0  |  |
|  |                            | 9.9                                       | ¼ cup cooked fruit,<br>sugar added, strained                                    | 10.1   |  |

| Vegetables and Fruits                            |                     |                                  |  |                                       |   |
|--|---------------------|----------------------------------|--|---------------------------------------|---|
| 1.<br>Food as purchased                          | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information          |
| CRANBERRY RELISH OR SAUCE<br>Canned Whole        | No. 10 can (117 oz) | 48.0                             | ¼ cup fruit  | 2.1                                   |   |
|  | No. 300 can (16 oz) | 6.7                              | ¼ cup fruit  | 15.0                                  |   |
|  | Strained            |                                  |  |                                       |   |
|  | No. 10 can (117 oz) | 47.9                             | ¼ cup fruit  | 2.1                                   |   |
|  | No. 300 can (16 oz) | 6.5                              | ¼ cup fruit  | 15.3                                  |   |
| CUCUMBERS<br>Fresh                               | Pound               | 12.4                             | ¼ cup unpared sliced vegetable   | 8.1                                   | 1 lb AP = 0.84 lb ready-to-serve raw, pared |
|  |                     | 10.5                             | ¼ cup pared diced or sliced vegetable                                  | 9.6                                   |   |
| CURRENTS<br>Dehydrated                           | Pound               | 13.8                             | ¼ cup dry fruit  | 7.3                                   | 1 lb dry = about 3½ cup                     |
| DATES<br>Dehydrated<br>Regular moisture (pitted) | Pound               | 11.1                             | ¼ cup whole fruit  | 9.0                                   | 1 lb dry = about 2¾ cup                     |
|  |                     | 10.6                             | ¼ cup chopped fruit  | 9.5                                   | 1 lb dry = about 2⅔ cup                     |
|  | Pound               | 10.0                             | ¼ cup pitted fruit (about 5 dates)                                     | 10.0                                  |   |
| EGGPLANT<br>Fresh                                | Pound               | 6.7                              | ¼ cup cooked vegetable cubes   | 14.8                                  | 1 lb AP = 0.81 lb ready-to-cook             |

**ENDIVE, ESCAROLE—  
FRUIT, MIXED**

**Vegetables and Fruits**

| 1.<br>Food as purchased   | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                            |
|---|---------------------------|---|---|--|--|
| ENDIVE, ESCAROLE<br>Fresh   | Pound                     | 19.9                                      | ¼ cup vegetable   | 5.1  | 1 lb AP =<br>0.78 lb ready-<br>to-serve raw                      |
| FIGS<br>Fresh   | Pound                     | 4.0                                       | 3 small raw figs<br>(about ½ cup fruit)   | 25.0   |  |
| Canned  | No. 10<br>can<br>(110 oz) | 49.3                                      | ¼ cup fruit<br>and juice  | 2.1  | 1 No. 10 can =<br>about 64 oz<br>(8¾ cup)<br>drained fruit       |
|   | No. 2½<br>can<br>(30 oz)  | 13.4                                      | ¼ cup fruit<br>and juice  | 7.5  | 1 No. 2½ can =<br>about 18.6 oz<br>(2½ cup)<br>drained fruit     |
|   | No. 303<br>can<br>(17 oz) | 7.6                                       | ¼ cup fruit<br>and juice  | 13.2   | 1 No. 303 can =<br>about 9.9 oz<br>(1-1/3 cup)<br>drained fruit  |
| Dehydrated  | Pound                     | 7.1                                       | ¼ cup fruit and juice   | 14.0   |  |
|   | Pound                     | 10.4                                      | ¼ cup dry fruit<br>(about 3 figs)   | 9.6  | 1 lb dry =<br>about 2-5/8 cup<br>or 30 figs                      |
|   |                           | 13.4                                      | ¼ cup cooked fruit<br>and juice   | 7.5  |  |
| FRUIT, MIXED<br>Canned  |                           |   |   |  |  |
| Fruit cocktail<br>(peaches, pears,<br>pineapple, grapes,<br>cherries) | No. 10 can<br>(106 oz)    | 46.9                                      | ¼ cup fruit and juice   | 2.2  | 1 No. 10 can =<br>about 69 oz<br>(9¼ cup)<br>drained fruit       |
|   | No. 2½<br>can<br>(29 oz)  | 12.8                                      | ¼ cup fruit<br>and juice  | 7.8  | 1 No. 2½ can =<br>about 18.3 oz<br>(2-3/8 cup)<br>drained fruit  |
|   | No. 303<br>can<br>(16 oz) | 7.0                                       | ¼ cup fruit<br>and juice  | 14.2   | 1 No. 303 can =<br>about 10.3 oz<br>(1-2/3 cup)<br>drained fruit |

**FRUIT, MIXED —  
GRAPEFRUIT AND ORANGE SECTIONS**

| Vegetables and Fruits   |                     |                                  |  |                                       |  |
|---|---------------------|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased   | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                     |
| FRUIT, MIXED — Continued<br>Fruit for salad (apricots, peaches, pears, pineapple, cherries, grapes) | No. 10 can (106 oz) | 48.6                             | ¼ cup fruit and juice  | 2.1                                   | 1 No. 10 can = about 62 oz (8½ cup) drained fruit      |
|   | No. 2½ can (29 oz)  | 13.3                             | ¼ cup fruit and juice  | 7.6                                   | 1 No. 2½ can = about 16.9 oz (2-1/3 cup) drained fruit |
|   | No. 303 can (16 oz) | 7.3                              | ¼ cup fruit and juice  | 13.7                                  | 1 No. 303 can = about 9.3 oz (1¼ cup) drained fruit    |
| Dehydrated (regular moisture)   | Pound               | 9.7                              | ¼ cup dry fruit  | 10.3                                  |  |
| GRAPEFRUIT<br>Fresh   | Pound               | 2.0                              | ½ fruit, large (about ½ cup fruit and juice)                           | 50.0                                  | 1 lb AP = 0.52 lb ready-to-serve raw                   |
|   |                     | 4.1                              | ¼ cup fruit sections and juice   | 24.0                                  |  |
|   |                     | 3.5                              | ¼ cup fruit juice  | 28.2                                  | 1 lb AP = 0.48 lb (7/8 cup) juice                      |
| GRAPEFRUIT AND ORANGE SECTIONS<br>Chilled   | Gallon (136 oz)     | 63.9                             | ¼ cup fruit and juice  | 1.6                                   | 1 gal = about 91 oz (13¼ cup) drained fruit            |
|   | Pound               | 7.5                              | ¼ cup fruit and juice  | 13.3                                  |  |
|   | No. 3 Cyl (50 oz)   | 22.6                             | ¼ cup fruit and juice  | 4.5                                   | 1 No. 3 Cyl = about 26 oz (3½ cup) drained fruit       |
|   | No. 303 can (16 oz) | 7.2                              | ¼ cup fruit and juice  | 13.8                                  | 1 No. 303 can = about 8.5 oz (1-1/8 cup) drained fruit |

# GRAPEFRUIT SECTIONS — GRAPES

| Vegetables and Fruits   |                           |   |   |  |  |  |
|-------------------------|---------------------------|---|---|--|--|--|
| 1.<br>Food as purchased | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings         | 6.<br>Additional yield<br>information                                |  |
| GRAPEFRUIT SECTIONS     |                           |   |   |  |  |  |
|                         | Canned                    | No. 3 Cyl<br>(50 oz)                      | 23.3  | ¼ cup fruit and juice                                  | 4.3  | 1 No. 3 Cyl =<br>about 26 oz<br>(3-1/8 cup)<br>drained fruit |
|                         |                           | No. 303<br>can<br>(16 oz)                 | 7.4   | ¼ cup fruit and juice                                  | 13.4   | 1 No. 303 can =<br>about 8.5 oz<br>(1 cup) drained<br>fruit  |
| Frozen                  | Pound                     | 7.5                                       | ¼ cup fruit and<br>juice  | 13.3   | 1 lb AP =<br>about 0.55 lb<br>(1-1/8 cup)<br>drained thawed<br>fruit |  |
| GRAPES                  |                           |   |   |  |  |  |
|                         | Fresh                     |   |   |  |  |  |
|                         | Seedless                  | Pound                                     | 10.0  | ¼ cup raw halves—<br>about 9 grapes<br>(¼ cup fruit)   | 10.0   | 1 lb AP =<br>0.97 lb<br>ready-to-serve<br>raw                |
|                         | With seeds                | Pound                                     | 10.1  | ¼ cup seeded<br>halves—about 6<br>grapes (¼ cup fruit) | 9.9  | 1 lb AP =<br>0.89 lb raw<br>seeded                           |
|                         | Canned                    | No. 10<br>can<br>(108 oz)                 | 50.0  | ¼ cup fruit<br>and juice                               | 2.0  | 1 No. 10 can =<br>about 67 oz<br>(10 cup)<br>drained fruit   |
|                         | Seedless                  | No. 2½<br>can<br>(30 oz)                  | 13.8  | ¼ cup fruit<br>and juice                               | 7.2  | 1 No. 2½ can =<br>about 18.6 oz<br>(2¾ cup)<br>drained fruit |
|                         | No. 303<br>can<br>(16 oz) | 7.4                                       | ¼ cup fruit<br>and juice  | 13.5   | 1 No. 303 can =<br>about 9.9 oz<br>(1½ cup)<br>drained fruit         |  |



# HONEYDEW MELON— KOHLRABI

| Vegetables and Fruits   |                     |                                  |  |                                       |  |
|-------------------------|---------------------|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                         |
| HONEYDEW MELON          |                     |                                  |  |                                       |  |
| Fresh                   | Pound               | 4.9                              | ¼ cup fruit cubes  | 20.4                                  | 1 lb AP = 0.46 lb ready-to-serve raw                       |
| Frozen                  | Pound               | 8.7                              | ¼ cup melon balls (¼ cup fruit)  | 11.5                                  | 1 lb = about 35 balls                                      |
| KALE                    |                     |                                  |  |                                       |  |
| Fresh (untrimmed)       | Pound               | 11.8                             | ¼ cup cooked vegetable   | 8.5                                   | 1 lb AP = 0.67 lb ready-to-cook                            |
| Canned                  | No. 10 can (96 oz)  | 40.2                             | ¼ cup vegetable  | 2.5                                   | 1 No. 10 can = 58 oz drained vegetable                     |
|                         | No. 2½ can (27 oz)  | 11.0                             | ¼ cup vegetable  | 9.1                                   | 1 No. 2½ can = about 15.9 oz (2¾ cup) drained vegetable    |
|                         | Pound               | 6.5                              | ¼ cup vegetable  | 15.3                                  |  |
|                         | No. 303 can (15 oz) | 6.1                              | ¼ cup vegetable  | 16.3                                  | 1 No. 303 can = about 9.4 oz (1-5/8 cup) drained vegetable |
| Frozen Chopped          | Pound               | 12.1                             | ¼ cup cooked vegetable   | 8.3                                   |  |
| Whole leaf              | Pound               | 9.5                              | ¼ cup cooked vegetable   | 10.6                                  |  |
| KOHLRABI                |                     |                                  |  |                                       |  |
| Fresh (untrimmed)       | Pound               | 5.1                              | ¼ cup cooked vegetable pieces  | 19.6                                  | 1 lb AP = 0.45 lb ready-to-cook, pared                     |

# LEMONS — MUSHROOMS

| Vegetables and Fruit      |                        |   |   |  |  |
|---------------------------|------------------------|---|---|--|--|
| 1.<br>Food as purchased   | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                      |
| LEMONS<br>Fresh           | Pound                  | 3.1                                       | ¼ cup fruit juice   | 32.1   | 1 lb AP =<br>about 0.43 lb<br>(¾ cup juice)                |
| LETTUCE, HEAD<br>Fresh    | Pound                  | 22.2                                      | ¼ cup shredded<br>vegetable   | 4.5  | 1 lb AP =<br>0.76 lb ready-<br>to-serve                    |
|                           |                        | 20.8                                      | ¼ cup raw vegetable<br>pieces   | 4.8  |  |
|                           |                        | 13.9                                      | ¼ cup raw vegetable<br>pieces with dressing                                     | 7.2  |  |
| LETTUCE, LEAF<br>Fresh    | Pound                  | 21.7                                      | ¼ cup raw vegetable<br>pieces   | 4.6  | 1 lb AP =<br>0.66 lb ready-<br>to-serve raw                |
|                           |                        | 14.5                                      | ¼ cup raw vegetable<br>pieces with dressing                                     | 6.9  |  |
| LETTUCE, ROMAINE<br>Fresh | Pound                  | 31.3                                      | ¼ cup raw vegetable<br>pieces   | 3.2  | 1 lb AP = 0.64<br>lb ready-to-<br>serve raw                |
|                           |                        | 20.9                                      | ¼ cup raw vegetable<br>pieces with dressing                                     | 4.8  |  |
| LIMES<br>Fresh            | Pound                  | 3.5                                       | ¼ cup fruit juice   | 28.2   | 1 lb AP <sup>8</sup> =<br>about 0.47 lb<br>(7/8 cup) juice |
| MANGOES<br>Fresh          | Pound                  | 7.6                                       | ¼ cup cubed or<br>sliced fruit  | 13.1   | 1 lb AP =<br>0.69 lb ready-<br>to-serve raw                |
| MUSHROOMS<br>Fresh        | Pound                  | 18.7                                      | ¼ cup raw sliced<br>vegetable   | 5.4  | 1 lb AP =<br>0.98 lb ready-<br>to-cook                     |
|                           | Pound                  | 8.3                                       | ¼ cup cooked sliced<br>vegetable  | 12.0   |  |

**MUSHROOMS —  
MUSTARD GREENS**

| Vegetables and Fruits              |   |   |   |  |  |
|------------------------------------|---|---|---|--|--|
| 1.<br>Food as purchased            | 2.<br>Purchase<br>unit                        | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                  |
| MUSHROOMS<br>— Continued<br>Canned | No. 10<br>can<br>(68 oz<br>drained<br>weight) | 49.4                                      | ¼ cup vegetable   | 2.1  | 1 No. 10 can =<br>12-1/3 cup<br>drained<br>vegetable                   |
|                                    | Pound<br>(drained<br>weight)                  | 11.6                                      | ¼ cup vegetable   | 8.6  |  |
|                                    | No. 300<br>can<br>(8 oz<br>drained<br>weight) | 5.8                                       | ¼ cup vegetable   | 17.2   | 1 No. 300 can =<br>about<br>1½ cup<br>vegetable                        |
| MUSTARD GREENS                     |   |   |   |  |  |
| Fresh<br>(untrimmed)               | Pound   | 13.2                                      | ¼ cup cooked<br>vegetable   | 7.6  | 1 lb AP =<br>0.93 lb ready-<br>to-cook                                 |
| Canned                             | No. 10<br>can<br>(98 oz)                      | 42.8                                      | ¼ cup vegetable   | 2.4  | 1 No. 10 can =<br>58 oz<br>drained<br>vegetable                        |
|                                    | No. 2½<br>can<br>(27 oz)                      | 11.8                                      | ¼ cup vegetable   | 8.5  | 1 No. 2½ can =<br>about 15.9 oz<br>(2¾ cup)<br>drained<br>vegetable    |
|                                    | No. 303<br>can<br>(16 oz)                     | 7.0                                       | ¼ cup vegetable   | 14.3   | 1 No. 303 can =<br>about 9.4 oz<br>(1-2/3 cup)<br>drained<br>vegetable |
| Frozen<br>Chopped                  | Pound   | 11.6                                      | ¼ cup cooked<br>vegetable   | 8.6  |  |
| Leaf                               | Pound   | 12.3                                      | ¼ cup cooked<br>vegetable   | 8.1  |  |

# NECTARINES— OLIVES

| Vegetables and Fruit           |                                   |                                  |  |                                       |  |   |
|--------------------------------|-----------------------------------|----------------------------------|--|---------------------------------------|--|---|
| 1.<br>Food as purchased        | 2.<br>Purchase unit               | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                 |   |
| NECTARINES<br>Fresh            | Pound                             | 3.8                              | 1 small raw nectarine (about ½ cup fruit)                              | 26.1                                  | 1 small = 2- to 2-1/8-inch diameter, size 96       |   |
|                                | Pound                             | 2.8                              | 1 medium raw nectarine (about 2/3 cup fruit)                           | 35.3                                  | 1 medium = approx. 2½ inch diameter size 70 and 72 |   |
|                                |                                   | 8.6                              | ¼ cup raw halves (¼ cup fruit)   | 11.6                                  | 1 lb AP = 0.91 lb ready-to-serve raw               |   |
| OKRA<br>Fresh                  | Pound                             | 9.7                              | ¼ cup cooked whole vegetable   | 10.3                                  | 1 lb AP = 0.87 lb ready-to-cook                    |   |
|                                |                                   | 9.0                              | ¼ cup cooked sliced vegetable  | 11.1                                  |  |   |
|                                | Canned Cut                        | No. 10 can (99 oz)               | 38.8   | ¼ cup heated vegetable                | 2.6  | 1 No. 10 can = about 60 oz (10-1/8 cup) drained vegetable |
|                                |                                   | Pound                            | 6.2  | ¼ cup heated vegetable                | 16.0   |   |
|                                |                                   | No. 303 can (15.5 oz)            | 6.0  | ¼ cup heated vegetable                | 16.5   | 1 No. 303 can = about 10.4 oz (1¾ cup) drained vegetable  |
|                                | Frozen Cut                        | Pound                            | 9.1  | ¼ cup cooked vegetable                | 11.0   |   |
|                                | Whole                             | Pound                            | 11.8   | ¼ cup cooked vegetable                | 8.5  |   |
| OLIVES<br>Canned Green Stuffed | No. 10 can (72 oz drained weight) | 55.5                             | ¼ cup vegetable  | 1.8                                   |  |   |

**OLIVES—  
ONIONS, MATURE**

**Vegetables and Fruits**

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit                     | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                        |
|--|--|---|---|--|--|
| <b>OLIVES</b><br>Canned<br>Green<br>Stuffed<br>— Continued<br><br>Whole<br>(pitted)<br><br>Ripe<br>Whole, large size<br>(pitted) | Pound<br>(drained<br>weight)               | 12.3                                      | ¼ cup vegetable   | 8.1  |  |
|  | Gallon                                     | 60.4                                      | ¼ cup whole<br>vegetable<br>(about 14 olives)                                   | 1.7  | 1 gal = about<br>65 oz drained<br>or 848 olives              |
|  | Pound<br>(drained<br>weight)               | 14.8                                      | ¼ cup vegetable   | 6.8  |  |
|  | No. 10 can<br>(50 oz<br>drained<br>weight) | 48.0                                      | ¼ cup whole<br>vegetable<br>(about 8 olives)                                    | 2.1  | 1 No. 10 can =<br>about<br>380 olives                        |
|  |  | 42.0                                      | ¼ cup chopped<br>vegetable  | 2.4  |  |
|  | Pound<br>(drained<br>weight)               | 15.3                                      | ¼ cup whole<br>vegetable  | 6.5  |  |
|  |  | 12.9                                      | ¼ cup chopped<br>vegetable  | 7.8  |  |
| <b>ONIONS, GREEN</b><br>Fresh  | Pound                                      | 15.0                                      | ¼ cup raw vegetable,<br>with tops   | 6.7  | 1 lb AP =<br>0.83 lb ready-<br>to-serve, raw,<br>with tops   |
|  |  | 13.8                                      | ¼ cup cooked<br>with tops   | 7.3  |  |
|  | Pound                                      | 6.7                                       | ¼ cup raw chopped<br>or sliced vegetable<br>without tops                        | 14.8   | 1 lb AP =<br>0.37 lb ready-<br>to-serve raw,<br>without tops |
| <b>ONIONS, MATURE</b><br>Fresh   | Pound                                      | 9.3                                       | ¼ cup raw chopped<br>vegetable  | 10.8   | 1 lb AP =<br>0.88 lb ready-<br>to-cook or<br>serve raw       |
|  |  | 14.2                                      | ¼ cup raw sliced<br>vegetable   | 7.0  |  |

# ONIONS, MATURE — ORANGES

## Vegetables and Fruits

| 1.<br>Food as purchased              | 2.<br>Purchase<br>unit          | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                  |
|--------------------------------------|---------------------------------|---|---|--|--|
| ONIONS, MATURE<br>Fresh—Continued    |                                 | 7.9                                       | ¼ cup cooked<br>vegetable pieces  | 12.7   | 1 lb AP =<br>0.78 lb cooked  |
|                                      |                                 | 7.1                                       | 1 cup cooked whole<br>vegetable   | 14.1   |  |
| Canned                               | No. 10 can<br>(101 oz)          | 31.2                                      | ¼ cup heated<br>drained vegetable   | 3.2  | 1 No. 10 can =<br>61 oz drained<br>vegetable                           |
|                                      | Pound                           | 4.9                                       | ¼ cup heated<br>drained vegetable   | 20.2   |  |
|                                      | No. 303<br>can<br>(15.75<br>oz) | 4.8                                       | ¼ cup heated<br>drained<br>vegetable  | 20.5   | 1 No. 303 can =<br>about 9.5 oz<br>(1-3/8 cup)<br>drained<br>vegetable |
| Frozen<br>(chopped)                  | Pound                           | 13.2                                      | ¼ cup thawed<br>vegetable   | 7.6  |  |
|                                      | Pound                           | 7.2                                       | ¼ cup cooked<br>vegetable   | 13.9   |  |
| ORANGES<br>Fresh                     |                                 |   |   |  |  |
| Size 113 (California,<br>Arizona)    | Pound                           | 2.8                                       | 1 orange<br>(about 5/8 cup fruit<br>and juice)                                  | 35.5   |  |
| Size 125 (Florida,<br>Texas)         | Pound                           | 2.9                                       | 1 orange<br>(about 5/8 cup fruit<br>and juice)                                  | 34.4   |  |
| Size 138<br>(California,<br>Arizona) | Pound                           | 3.4                                       | 1 orange<br>(about ½ cup<br>fruit and<br>juice)                                 | 28.9   |  |
| All sizes                            | Pound                           | 7.2                                       | ¼ cup fruit sections<br>with membrane and<br>juice                              | 13.8   | 1 lb AP =<br>0.71 lb ready-<br>to-serve                                |
|                                      |                                 | 3.5                                       | ¼ cup fruit sections<br>drained, no<br>membrane                                 | 28.6   | 1 lb AP =<br>1.40 lb ready-<br>to-serve                                |
|                                      |                                 | 3.6                                       | ¼ cup fruit juice   | 27.6   | 1 lb AP =<br>0.48 lb (7/8 cup)<br>juice                                |

**Vegetables and Fruits**

| 1.<br>Food as purchased                   | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                               |
|---|------------------------|---|---|--|---|
| ORANGES — Continued<br>Canned<br>Mandarin | Pound                  | 7.3                                       | ¼ cup fruit and juice   | 13.7   |   |
| PAPAYA<br>Fresh                           | Pound                  | 8.6                                       | ¼ cup cubed fruit   | 11.6   | 1 lb AP =<br>about 0.67 lb<br>ready-to-serve                        |
|   |                        | 5.1                                       | ¼ cup mashed fruit  | 19.5   |   |
| PARSLEY<br>Fresh                          | Pound                  | 83.4                                      | ¼ cup chopped<br>vegetable  | 1.2  | 1 lb AP =<br>0.92 lb ready-<br>to-serve raw                         |
| PARSNIPS<br>Fresh                         | Pound                  | 8.1                                       | ¼ cup cooked<br>vegetable pieces  | 12.3   | 1 lb AP =<br>0.83 lb ready-<br>to-cook                              |
|   |                        | 7.2                                       | ¼ cup cooked<br>mashed vegetable  | 13.8   |   |
| PEACHES<br>Fresh                          | Pound                  | 3.7                                       | 1 small raw<br>peach (about<br>½ cup fruit)                                     | 26.7   | 1 small =<br>approx.<br>2-1/8 inch<br>diameter<br>(size 84)         |
|   |                        | 2.7                                       | 1 medium raw<br>peach (about<br>¾ cup<br>fruit)                                 | 36.2   | 1 medium =<br>approx.<br>2½ inch<br>diameter<br>(size 60<br>and 64) |
|   |                        | 5.1                                       | ¼ cup raw diced<br>fruit  | 19.3   | 1 lb AP =<br>0.76 lb ready-<br>to-cook or<br>serve raw              |
|   |                        | 7.7                                       | ¼ cup raw sliced<br>fruit   | 12.9   |   |
|   |                        | 7.4                                       | ¼ cup cooked sliced<br>fruit, sugar added                                       | 13.5   |   |



# PEACHES

| Vegetables and Fruits               |                     |                                  |  |                                       |   |
|-------------------------------------|---------------------|----------------------------------|--|---------------------------------------|---|
| 1.<br>Food as purchased             | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information  |
| PEACHES<br>Canned<br>Diced<br>Cling | No. 10 can (106 oz) | 48.7                             | ¼ cup fruit and juice  | 2.1                                   | 1 No. 10 can = about 70 oz (9-1/8 cup) drained fruit  |
|                                     | No. 2½ can (29 oz)  | 13.3                             | ¼ cup fruit and juice  | 7.5                                   | 1 No. 2½ can = about 17.5 oz (2¼ cup) drained fruit   |
|                                     | No. 303 can (16 oz) | 7.4                              | ¼ cup fruit and juice  | 13.6                                  | 1 No. 303 can = about 9.8 oz (1¼ cup) drained fruit   |
| Halves<br>Cling or Freestone        | No. 10 can (106 oz) | 47.1                             | ½ peach with juice (¼ cup fruit and juice)                             | 2.2                                   | 1 No. 10 can = about 64 oz (8-1/8 cup) drained clings or about 60 oz (6-2/3 cup) drained freestones |
|                                     | No. 2½ can (29 oz)  | 12.9                             | ¼ cup fruit and juice  | 7.8                                   | 1 No. 2½ can = about 17 oz (2-1/8 cup) drained clings or about 15.7 oz (2 cup) drained freestones   |

## Vegetables and Fruits

| 1.<br>Food as purchased                       | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |
|---|---------------------------|---|---|--|---|
| PEACHES<br>Canned                             |                           |   |   |  |   |
| Halves<br>Cling or<br>Freestone<br>—Continued | No. 303<br>can<br>(16 oz) | 7.1                                       | ¼ cup fruit<br>and juice  | 14.1   | 1 No. 303 can =<br>about 9.5 oz<br>(1¼ cup)<br>drained<br>clings or<br>about 8.9 oz<br>(1-1/8 cup)<br>drained<br>freestones<br><br>1 can = about<br>60 oz (6¾ cup)<br>drained fruit |
| Quarters<br>Cling                             | No. 10<br>can<br>(106 oz) | 48.5                                      | ¼ cup fruit<br>and juice  | 2.1  | 1 No. 10 can =<br>about 71 oz<br>(9-7/8 cup)<br>drained fruit   |
| Slices<br>Cling or<br>Freestone               | No. 10<br>can<br>(106 oz) | 47.5                                      | ¼ cup fruit<br>and juice  | 2.1  | 1 No. 10 can =<br>about 66 oz<br>(7½ cup)<br>drained<br>clings or<br>about 60 oz<br>(6¾ cup)<br>drained<br>freestones   |
|   | No. 2½<br>can<br>(29 oz)  | 13.0                                      | ¼ cup fruit<br>and juice  | 7.7  | 1 No. 2½ can =<br>about 17.1 oz<br>(2-1/8 cup)<br>drained<br>clings or<br>about 15.7 oz<br>(2 cup) drained<br>freestones  |

# PEACHES— PEARS

| Vegetables and Fruits  |                           |   |   |  |   |
|--|---------------------------|---|---|--|---|
| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |
| PEACHES<br>Canned<br>Slices<br>Cling or<br>Freestone<br>—Continued | No. 303<br>can<br>(16 oz) | 7.1                                       | ¼ cup fruit<br>and juice  | 14.0   | 1 No. 303 can =<br>about 9.5 oz<br>(1¼ cup)<br>drained<br>clings or<br>about 8.9 oz<br>(1-1/8 cup)<br>drained<br>freestones |
|  |                           |   |   |  |   |
|  | Pound                     | 2.7                                       | ⅓ cup whole fruit—<br>2 small (about ¼ cup<br>pitted fruit)                     | 37.0   | 1 lb AP =<br>0.34 lb drained<br>pitted fruit  |
|  | Pound                     | 7.3                                       | ¼ cup fruit, thawed   | 13.7   |   |
|  |                           | 7.1                                       | ¼ cup cooked fruit  | 14.0   |   |
|  | Pound                     | 10.8                                      | About 4 halves<br>(¼ cup dry fruit)   | 9.3  | 1 lb dry =<br>about 32<br>halves (2⅔<br>cup)  |
| PEARS<br>Fresh   | Pound                     | 22.9                                      | ¼ cup cooked fruit<br>and juice   | 4.4  |   |
|  |                           | 4.1                                       | 1 small raw<br>pear - size 150<br>(about ½ cup<br>fruit)                        | 24.1   | 1 lb AP = 0.92<br>lb ready-to-<br>cook or<br>serve raw<br>unpared   |
|  |                           | 3.3                                       | 1 medium raw<br>pear - size 120<br>(about ¾ cup<br>fruit)                       | 30.0   |   |
|  |                           | 7.1                                       | ¼ cup raw pared,<br>cubed fruit   | 14.0   | 1 lb AP =<br>0.78 lb ready-<br>to-cook or<br>serve raw,<br>pared  |

## Vegetables and Fruits

| 1.<br>Food as purchased  | 2.<br>Purchase unit                  | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                     |
|--------------------------|--------------------------------------|----------------------------------|--|---------------------------------------|--|
| PEARS<br>Fresh-Continued | Pound                                | 7.9                              | ¼ cup raw pared, sliced fruit  | 12.7                                  |  |
|                          |                                      | 5.7                              | ¼ cup cooked pared halves, sugar added (¼ cup fruit)                   | 17.4                                  |  |
|                          | Canned Halves                        | 52.0                             | ½ pear with juice (¼ cup fruit and juice)                              | 2.0                                   | 1 No. 10 can = about 62 oz (7¾ cup) drained fruit      |
|                          |                                      |                                  | ½ pear with juice (¼ cup fruit and juice)                              | 7.0                                   | 1 No. 2½ can = about 15.8 oz (2 cup) drained fruit     |
|                          |                                      |                                  | ¼ cup fruit and juice  | 12.7                                  | 1 No. 303 can = about 8.8 oz (1 cup) drained fruit     |
|                          | Diced                                | 47.6                             | ¼ cup fruit and juice  | 2.1                                   | 1 No. 10 can = about 66 oz (9½ cup) drained fruit      |
|                          |                                      |                                  | ¼ cup fruit and juice  | 7.6                                   | 1 No. 2½ can = about 18.4 oz (2-5/8 cup) drained fruit |
|                          |                                      |                                  | ¼ cup fruit and juice  | 13.8                                  | 1 No. 303 can = about 10.2 oz (1½ cup) drained fruit   |
|                          | Dehydrated regular moisture (halves) | 10.7                             | 2½ halves (about ¼ cup dry fruit)                                      | 9.4                                   | 1 lb AP = about 22 halves (2⅔ cup)                     |
|                          |                                      | 20.3                             | ¼ cup cooked fruit and juice   | 5.0                                   |  |

**PEAS AND CARROTS —  
PEAS, GREEN**

**Vegetables and Fruits**

| 1.<br>Food as purchased           | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                              |  |
|-----------------------------------|---------------------------|---|---|--|--|--|
| PEAS AND CARROTS<br>Canned        | No. 10<br>can<br>(105 oz) | 41.3                                      | ¼ cup heated<br>vegetable   | 2.5  | 1 No. 10 can =<br>about 66 oz<br>(11½ cup)<br>drained<br>vegetable |  |
|                                   | No. 303<br>can<br>(16 oz) | 6.3                                       | ¼ cup heated<br>vegetable   | 15.9   |  |  |
|                                   | Frozen                    | Pound                                     | 10.9  | ¼ cup cooked<br>vegetable                      |  | 9.2  |
| PEAS, GREEN<br>Fresh<br>(shelled) | Pound                     | 10.6                                      | ¼ cup cooked<br>vegetable   | 9.4  | 1 lb in pod =<br>0.38 lb ready-to-<br>cook                         |  |
|                                   | Canned                    | No. 10 can<br>(105 oz)                    | 44.2  | ¼ cup heated<br>vegetable                      | 2.3  | 1 No. 10 can =<br>about 69 oz<br>(11½ cup)<br>drained<br>vegetable   |
|                                   |                           | No. 303<br>can<br>(16 oz)                 | 6.7   | ¼ cup heated<br>vegetable                      | 14.9   | 1 No. 303 can =<br>about 10.5 oz<br>(1¾ cup)<br>drained<br>vegetable |
|                                   | Frozen                    | Pound                                     | 10.1  | ¼ cup cooked<br>vegetable                      | 9.9  |  |
|                                   | Dehydrated<br>Whole       | Pound                                     | 25.6  | ¼ cup cooked<br>vegetable                      | 4.0  | 1 lb dry =<br>about 2½ cup   |
|                                   | Split                     | Pound                                     | 23.1  | ¼ cup cooked<br>vegetable                      | 4.4  | 1 lb dry =<br>about 2¼ cup   |

| Vegetables and Fruits                      |                                    |   |  |  |   |
|--|------------------------------------|---|--|--|---|
| 1.<br>Food as purchased                    | 2.<br>Purchase<br>unit             | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement  | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |
| PEPPERS, GREEN<br>Fresh                    | Pound                              | 14.7                                      | ¼ cup raw vegetable<br>strips  | 6.8  | 1 lb AP =<br>0.80 lb ready-<br>to-cook or<br>serve raw  |
|  |                                    | 9.7                                       | ¼ cup raw chopped<br>or diced vegetable  | 10.3   |   |
|  |                                    | 9.8                                       | ¼ cup cooked<br>vegetable strips   | 10.2   |   |
|  | Pound                              | 15.3                                      | ¼ cup raw vegetable  | 6.5  | 1 lb AP =<br>0.73 lb cooked   |
|  |                                    | 7.3                                       | ¼ cup cooked<br>vegetable  | 13.7   |   |
| Frozen<br>(diced)                          |                                    |   |  |  |   |
| PICKLES<br>(whole)                         | Gallon<br>(about 87<br>oz drained) | 55.2                                      | ¼ cup whole<br>vegetable (about<br>3¾ small gherkins,<br>1¼ large gherkins,<br>1 small pickle,<br>½ medium pickle,<br>⅓ large pickle,<br>¼ extra large pickle) | 1.9  | Length of<br>pickles:<br>gherkins =<br>2-2¾ inch,<br>small =<br>2¾-3½ inch,<br>medium =<br>3½-4 inch,<br>large =<br>4-4¾ inch,<br>extra large =<br>4¾-5½ inch |
|  |                                    | 84.4                                      | 1/8 cup length-wise<br>sliced vegetable  | 1.2  |   |
|  |                                    | 138.0                                     | 1/8 cup crosswise<br>sliced vegetable  | 0.8  |   |
|  | Gallon                             | 108.0                                     | 1/8 cup chopped<br>vegetable   | 1.0  |   |
|  |                                    |   |  |  |   |
| PIMIENTOS<br>Canned<br>Chopped or<br>diced | No. 10<br>can<br>(102 oz)          | 40.7                                      | ¼ cup vegetable  | 2.5  | 1 No. 10 can =<br>about 74 oz<br>(10-1/8 cup)<br>drained<br>vegetable   |

**PIMIENTOS—  
PINEAPPLE**

| Vegetables and Fruits                   |                     |                                  |  |                                       |   |
|---|---------------------|----------------------------------|--|---------------------------------------|---|
| 1.<br>Food as purchased                 | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                      |
| PIMIENTOS<br>Chopped or Diced—Continued | No. 2½ can (28 oz)  | 11.2                             | ¼ cup vegetable  | 9.0                                   | 1 No. 2½ can = about 20.5 oz (2¾ cup) drained vegetable |
|   | Pound               | 6.4                              | ¼ cup vegetable  | 15.7                                  |   |
|   | No. 10 can (102 oz) | 38.5                             | ¼ cup chopped vegetable  | 2.6                                   | 1 No. 10 can = about 71 oz (9¾ cup) drained vegetable   |
|   | No. 2½ can (28 oz)  | 11.0                             | ¼ cup chopped vegetable  | 9.1                                   | 1 No. 2½ can = about 20.2 oz (2¾ cup) drained vegetable |
|   | Pound               | 6.0                              | ¼ cup chopped vegetable  | 16.6                                  |   |
|   | 7 oz can            | 2.8                              | ¼ cup chopped vegetable  | 35.3                                  | 1 7-oz can = about 5.2 oz (2¼ cup) drained vegetable    |
| PINEAPPLE<br>Fresh                      | Pound               | 6.4                              | ¼ cup raw cubed fruit  | 15.6                                  | 1 lb AP = 0.54 lb ready-to-serve raw                    |
| Canned<br>Chunks                        | No. 10 can (106 oz) | 50.0                             | ¼ cup fruit and juice  | 2.0                                   | 1 No. 10 can = about 66 oz (10 cup) drained fruit       |
|   | No. 2 can (20 oz)   | 9.4                              | ¼ cup fruit and juice  | 10.6                                  | 1 No. 2 can = about 12.4 oz (1-7/8 cup) drained fruit   |
|   | Pound               | 7.5                              | ¼ cup fruit and juice  | 13.3                                  |   |



| Vegetables and Fruits        |                     |                                  |  |                                       |   |
|------------------------------|---------------------|----------------------------------|--|---------------------------------------|---|
| 1.<br>Food as purchased      | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                                |
| <b>PINEAPPLE — Continued</b> |                     |                                  |  |                                       |   |
| Crushed                      | No. 10 can (107 oz) | 49.3                             | ¼ cup fruit and juice  | 2.1                                   | 1 No. 10 can = about 74 oz (10-7/8 cup) drained fruit             |
|                              | No. 2 can (20 oz)   | 9.2                              | ¼ cup fruit and juice  | 10.9                                  | 1 No. 2 can = about 13.8 oz (2 cup) drained fruit                 |
| Slices                       | Pound               | 7.3                              | ¼ cup fruit and juice  | 13.6                                  |   |
|                              | No. 10 can (107 oz) | 47.5                             | ¼ cup fruit and juice (about 1½ slices)                                | 2.1                                   | 1 No. 10 can = about 62 oz (9-1/3 cup or 60 slices) drained fruit |
|                              | No. 2 can (20 oz)   | 8.8                              | ¼ cup fruit and juice  | 11.3                                  | 1 No. 2 can = about 13 oz (2 cup) drained fruit                   |
|                              | Pound               | 7.1                              | ¼ cup fruit and juice  | 14.1                                  |   |
| Frozen (chunks)              | Pound               | 7.3                              | ¼ cup fruit, thawed  | 13.6                                  | 1 lb AP = 0.61 lb (1½ cup) thawed fruit, drained                  |
| <b>PLANTAINS</b>             |                     |                                  |  |                                       |   |
| Fresh Green                  | Pound               | 7.5                              | ¼ cup peeled, sliced, boiled fruit                                     | 13.2                                  | 1 lb = 0.62 lb ready-to-cook                                      |
| Ripe                         | Pound               | 5.6                              | ¼ cup peeled, sliced, boiled fruit                                     | 17.8                                  | 1 lb = 0.65 lb ready-to-cook                                      |
| <b>PLUMS</b>                 |                     |                                  |  |                                       |   |
| Fresh Italian or purple      | Pound               | 10.7                             | 1½ plums (about ¼ cup fruit)   | 9.4                                   | 1 lb AP = 0.94 lb ready-to-cook or serve raw                      |

**PLUMS —  
POTATOES. WHITE**

**Vegetables and Fruits**

| 1.<br>Food as purchased | 2.<br>Purchase<br>unit      | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                       |
|-------------------------|-----------------------------|---|---|--|---|
| <b>PLUMS—Continued</b>  |                             |   |   |  |   |
| Japanese or Hybrid      | Pound                       | 5.4                                       | 1 plum<br>(3/8 cup fruit)   | 15.5   | 1 plum = about<br>1 1/2 inch<br>diameter                                    |
| Canned<br>Purple, whole | No. 10<br>can<br>(108 oz)   | 52.3                                      | 1/4 cup fruit<br>and juice  | 2.0  | 1 No. 10 can =<br>about 59 oz<br>(7 1/4 cup)<br>drained fruit<br>with pits  |
|                         | No. 2 1/2<br>can<br>(30 oz) | 14.5                                      | 1/4 cup fruit<br>and juice  | 6.9  | 1 No. 2 1/2 can =<br>about 16.5 oz<br>(2 cup)<br>drained fruit<br>with pits |
|                         | No. 303<br>can<br>(16 oz)   | 7.7                                       | 1/4 cup fruit<br>and juice  | 12.9   | 1 No. 303 can =<br>about 8.8 oz<br>(1 cup) drained<br>fruit with pits       |
| <b>POTATOES, WHITE</b>  |                             |   |   |  |   |
| Fresh                   | Pound                       | 6.0                                       | 1/2 medium<br>baked potato<br>(about 3/8 cup<br>vegetable)                      | 16.7   | 1 lb AP = 0.81<br>lb baked potato<br>with skin                              |
|                         |                             | 8.9                                       | 1/4 cup pared, cooked<br>diced vegetable  | 11.3   | 1 lb AP = 0.74<br>lb baked<br>potato with-<br>out skin                      |
|                         |                             | 8.4                                       | 1/4 cup cooked<br>mashed vegetable  | 11.9   | 1 lb AP =<br>0.81 lb ready-<br>to-cook pared                                |
|                         |                             | 9.9                                       | 1/4 cup cooked sliced<br>vegetable  | 10.1   | 1 lb AP = 0.83<br>lb cooked<br>diced  |
|                         |                             | 5.3                                       | 1/4 cup hash browns<br>(1/4 cup vegetable)                                      | 18.6   |   |

Vegetables and Fruits

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                               |
|--|---------------------------|---|---|--|---|
| POTATOES — Continued   |                           |   |   |  |   |
| Canned<br>(small, whole)                                       | No. 10 can<br>(102 oz)    | 43.7                                      | ¼ cup heated<br>vegetable   | 2.3  | 1 No. 10 can =<br>72 oz drained<br>vegetable                        |
|  | No. 2½<br>can<br>(29 oz)  | 10.9                                      | ¼ cup heated<br>vegetable   | 9.1  | 1 No. 2½ can =<br>about 17.7 oz<br>(2¾ cup)<br>drained<br>vegetable |
|  | No. 303<br>can<br>(16 oz) | 6.8                                       | ¼ cup heated<br>vegetable   | 14.6   | 1 No. 303 can =<br>about 9.3 oz<br>(1½ cup)<br>drained<br>vegetable |
| Frozen   |                           |   |   |  |   |
| French Fries—<br>Regular<br>Crinkle cut                        | 5-lb pkg                  | 50.5                                      | ¼ cup heated<br>vegetable (about<br>5½ pieces, 3 inches<br>long)                | 2.0  |   |
|  | Pound                     | 10.1                                      | ¼ cup heated<br>vegetable   | 9.9  |   |
| French Fries—<br>Shoestring<br>Straight cut                    | 4½-lb pkg                 | 79.0                                      | ¼ cup heated<br>vegetable   | 1.3  |   |
|  | Pound                     | 17.5                                      | ¼ cup heated<br>vegetable   | 6.7  |   |
| Hash browns<br>(diced)   | Pound                     | 7.7                                       | ¼ cup heated<br>vegetable   | 13.0   |   |
| Shredded<br>(preportioned<br>3 oz raw)                         | Pound                     | 5.3                                       | 1 portion<br>(about ½ cup heated<br>vegetable)                                  | 18.8   |   |
| Skins, pieces,<br>wedges, etc.<br>(with skin and<br>precooked) | Pound                     | 10.6                                      | ¼ cup heated<br>vegetable   | 9.4  |   |

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**POTATOES, WHITE —  
PRUNES, DRY**

**Vegetables and Fruits**

| 1.<br>Food as purchased                     | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                   |
|---|---------------------------|---|---|--|---|
| <b>POTATOES — Continued</b>                 |                           |   |   |  |   |
| Potato rounds*                              | Pound                     | 10.9                                      | ¼ cup heated<br>vegetable,<br>about 4½ pieces                                   | 9.2  |   |
| Whole<br>(small, frozen)                    | Pound                     | 10.1                                      | ¼ cup heated<br>vegetable   | 9.9  |   |
| Dehydrated<br>(low moisture)<br>Diced       | Pound                     | 45.1                                      | ¼ cup reconstituted<br>vegetable  | 2.3  | 1 lb dry =<br>about 5-1/8 cup   |
| Flakes                                      | Pound                     | 48.6                                      | ¼ cup reconstituted<br>vegetable  | 2.1  |   |
| Granules                                    | Pound                     | 48.6                                      | ¼ cup reconstituted<br>vegetable  | 2.1  | 1 lb dry =<br>about 2¼ cup  |
| Slices                                      | Pound                     | 43.5                                      | ¼ cup reconstituted<br>vegetable  | 2.3  | 1 lb dry =<br>about 9¾ cup  |
| <b>PRUNES, DRY</b>                          |                           |   |   |  |   |
| Canned<br>Market pack                       | No. 10<br>can<br>(108 oz) | 46.0                                      | ¼ cup fruit<br>and juice,<br>about 4<br>prunes with<br>juice                    | 2.2  | 1 No. 10 can =<br>about 57 oz<br>(7-1/8 cup)<br>drained<br>pitted fruit |
|   | 25 oz<br>glass            | 10.6                                      | ¼ cup fruit<br>and juice  | 9.4  | 1 jar = about<br>13.2 oz (1-2/3<br>cup) drained<br>pitted fruit         |
|   | Pound                     | 6.8                                       | ¼ cup fruit<br>and juice  | 14.7   |   |
| Dehydrated<br>Regular moisture<br>With pits | Pound                     | 9.6                                       | 6 medium prunes, dry<br>(about ¼ cup fruit)                                     | 10.4   | 1 lb dry =<br>about 2-3/8 cup   |
|   |                           | 12.9                                      | ¼ cup cooked fruit<br>and juice   | 7.8  |   |

\*Shaped, shredded potatoes available under brand names  
such as Tater Tots or Tater Gems.

**Vegetables and Fruits**

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit           | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                   |
|--|----------------------------------|---|---|--|---|
| PRUNES, DRY<br>— Continued<br>Without pits<br>USDA-donated<br>(special purchase) | Pound                            | 10.6                                      | ¼ cup dry fruit,<br>about 6 medium<br>prunes                                    | 9.4  | 1 lb dry =<br>about 2⅔ cup                              |
|  |                                  | 14.7                                      | ¼ cup cooked fruit<br>and juice   | 6.8  |   |
| PUMPKIN<br>Fresh   | Pound                            | 4.7                                       | ¼ cup cooked<br>mashed vegetable  | 21.3   | 1 lb AP =<br>0.70 lb ready-<br>to-cook                  |
| Canned   | No. 10 can<br>(106 oz)           | 51.5                                      | ¼ cup heated<br>vegetable   | 2.0  |   |
|  | No. 2½<br>can<br>(29 oz)         | 14.1                                      | ¼ cup heated<br>vegetable   | 7.1  |   |
|  | No. 303<br>can<br>(16 oz)        | 7.7                                       | ¼ cup heated<br>vegetable   | 12.9   |   |
| RADISHES<br>Fresh<br>(without tops)  | Pound                            | 12.8                                      | ¼ cup whole<br>vegetable, about<br>7 small radishes                             | 7.8  | 1 lb without<br>tops = 0.94 lb<br>ready-to-serve<br>raw |
|  |                                  | 15.3                                      | ¼ cup raw sliced<br>vegetable   | 6.6  |   |
| RAISINS<br>Dehydrated<br>Regular moisture<br>(seedless)                          | Pound                            | 12.6                                      | ¼ cup dry raisins<br>(¼ cup fruit)  | 8.0  | 1 lb dry =<br>about 3-1/8 cup                           |
|  | Package<br>(1.3 oz<br>to 1.5 oz) | 1.0                                       | ¼ cup dry raisins<br>(¼ cup fruit)  | 100.0  |   |
|  | Pound                            | 21.4                                      | ¼ cup cooked fruit<br>(¼ cup fruit)   | 4.7  |   |

# RASPBERRIES — SAUERKRAUT

## Vegetables and Fruits

| 1.<br>Food as purchased   | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                              |
|---------------------------|---------------------------|---|---|--|--|
| RASPBERRIES               | Fresh                     |   |   |  |  |
|                           | Pint<br>(11½ oz)          | 8.7                                       | ¼ cup raw whole<br>fruit  | 11.5   | 1 pt AP =<br>about 0.69 lb<br>(2-1/8 cup)<br>ready-to-serve<br>raw |
|                           | Pound                     | 12.1                                      | ¼ cup raw whole<br>fruit  | 8.3  | 1 lb AP =<br>about 0.96 lb<br>ready-to-serve<br>raw                |
|                           | Canned<br>(red)           |   |   |  |  |
|                           | No. 10<br>can<br>(103 oz) | 48.0                                      | ¼ cup fruit<br>and juice  | 2.1  | 1 No. 10 can =<br>53 oz drained<br>fruit                           |
|                           | No. 303<br>can<br>(16 oz) | 7.4                                       | ¼ cup fruit<br>and juice  | 13.4   | 1 No. 303 can =<br>about 8.25 oz<br>drained<br>fruit               |
| Frozen                    | Pound                     | 7.2                                       | ¼ cup fruit and<br>juice, thawed  | 13.8   |  |
| RHUBARB                   |                           |   |   |  |  |
| Fresh<br>(without leaves) | Pound                     | 6.2                                       | ¼ cup cooked<br>fruit, sugar<br>added   | 16.0   | 1 lb AP =<br>0.86 lb ready-to-<br>cook                             |
| Frozen                    | Pound                     | 10.0                                      | ¼ cup cooked<br>fruit, sugar added  | 10.0   |  |
| RUTABAGAS                 |                           |   |   |  |  |
| Fresh                     | Pound                     | 8.3                                       | ¼ cup cooked cubed<br>vegetable   | 12.0   | 1 lb AP =<br>0.85 lb ready-<br>to-cook                             |
|                           |                           | 5.7                                       | ¼ cup cooked<br>mashed vegetable  | 17.4   |  |
| SAUERKRAUT                |                           |   |   |  |  |
| Canned                    |                           | 58.6                                      | ¼ cup heated<br>vegetable   | 1.8  | 1 No. 10 can =<br>80 oz drained<br>vegetable                       |
|                           | No. 2½<br>can<br>(27 oz)  | 15.0                                      | ¼ cup heated<br>vegetable   | 6.3  | 1 No. 2½ can =<br>23 oz (4½ cup)<br>drained<br>vegetable           |

**Vegetables and Fruits**

| 1.<br>Food as purchased                     | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                   |
|---|---------------------------|---|---|--|---|
| <b>SAUERKRAUT</b><br>— Continued            | No. 303<br>can<br>(16 oz) | 9.4                                       | ¼ cup heated<br>vegetable   | 10.6   | 1 No. 303 can —<br>about 13.2 oz<br>(2-5/8 cup)<br>drained<br>vegetable |
| <b>SPINACH</b><br>Fresh<br>(partly trimmed) | Pound                     | 30.7                                      | ¼ cup raw chopped<br>vegetable  | 3.3  | 1 lb AP =<br>0.88 lb ready-<br>to-cook or<br>serve raw                  |
|   |                           | 20.4                                      | ¼ cup vegetable<br>with dressing  | 4.9  |   |
|   |                           | 7.6                                       | ¼ cup cooked<br>vegetable   | 13.1   |   |
| Canned                                      | No. 10<br>can<br>(98 oz)  | 25.2                                      | ¼ cup heated<br>vegetable   | 4.0  | 1 No. 10 can —<br>55 oz drained<br>vegetable                            |
|   | No. 2½<br>can<br>(27 oz)  | 6.9                                       | ¼ cup heated<br>vegetable   | 14.4   | 1 No. 2½ can —<br>about 17.6 oz<br>(2¼ cup)<br>drained<br>vegetable     |
|   | Pound                     | 4.1                                       | ¼ cup heated<br>vegetable   | 24.3   |   |
|   | No. 303<br>can<br>(15 oz) | 3.8                                       | ¼ cup heated<br>vegetable   | 25.9   | 1 No. 303 can —<br>about 9.6 oz<br>(1¼ cup) drained<br>vegetable        |
| Frozen<br>Chopped                           | Pound                     | 5.6                                       | ¼ cup cooked<br>vegetable   | 17.6   |   |
| Whole leaf                                  | Pound                     | 6.5                                       | ¼ cup cooked<br>vegetable   | 15.3   |   |



**SQUASH, SUMMER —**  
**SQUASH, WINTER**

**Vegetables and Fruits**

| 1.<br>Food as purchased | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                               |
|-------------------------|---------------------------|---|---|--|---|
| <b>SQUASH, SUMMER</b>   |                           |   |   |  |   |
| Fresh                   |                           |   |   |  |   |
| Yellow                  | Pound                     | 7.3                                       | ¼ cup cooked<br>vegetable cubes   | 13.7   | 1 lb AP =<br>0.95 lb ready-<br>to-cook                              |
|                         |                           | 6.3                                       | ¼ cup cooked<br>mashed vegetable  | 15.8   |   |
|                         |                           | 8.5                                       | ¼ cup cooked<br>sliced vegetable  | 11.7   | 1 lb AP =<br>0.83 lb cooked   |
| Zucchini                | Pound                     | 14.4                                      | ¼ cup raw vegetable<br>sticks   | 7.0  | 1 lb AP =<br>0.94 lb ready-<br>to-cook                              |
|                         |                           | 7.6                                       | ¼ cup cooked<br>vegetable cubes   | 13.2   | 1 lb AP =<br>0.86 lb cooked   |
|                         |                           | 10.2                                      | ¼ cup cooked sliced<br>vegetable  | 9.8  |   |
| Canned<br>(sliced)      | No. 10 can<br>(105 oz)    | 26.5                                      | ¼ cup heated<br>vegetable   | 3.8  | 1 No. 10 can =<br>about 61 oz (8-<br>3/8 cup) drained<br>vegetable  |
|                         | No. 303<br>can<br>(16 oz) | 4.0                                       | ¼ cup heated<br>vegetable   | 24.7   | 1 No. 303 can =<br>about 9.2 oz<br>(1¼ cup)<br>drained<br>vegetable |
| Frozen                  |                           |   |   |  |   |
| Yellow (sliced)         | Pound                     | 7.9                                       | ¼ cup cooked<br>vegetable   | 12.6   |   |
| Zucchini (sliced)       | Pound                     | 7.0                                       | ¼ cup cooked<br>vegetable   | 14.2   |   |
| <b>SQUASH, WINTER</b>   |                           |   |   |  |   |
| Fresh                   |                           |   |   |  |   |
| Acorn                   | 1 squash<br>(8 oz)        | 2.0                                       | ½ small squash<br>baked in skin (about<br>¼ cup vegetable)                      | 50.0   | 1 lb AP =<br>0.87 lb ready-<br>to-cook in skin                      |
|                         | Pound                     | 4.7                                       | ¼ cup cooked<br>mashed vegetable  | 20.9   | 1 lb AP =<br>0.70 lb ready-<br>to-cook pared                        |

**SQUASH WINTER —  
SUCCOTASH**

**Vegetables and Fruits**

| 1.<br>Food as purchased                                 | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                 |
|---|---------------------------|---|---|--|---|
| <b>SQUASH, WINTER</b><br>Fresh — Continued<br>Butternut | Pound                     | 7.5                                       | ¼ cup cooked<br>cubed vegetable   | 13.3   | 1 lb AP =<br>0.84 lb ready-<br>to-cook pared          |
|   |                           | 5.4                                       | ¼ cup cooked<br>mashed vegetable  | 18.3   |   |
| Hubbard   | Pound                     | 4.4                                       | ¼ cup cooked cubed<br>vegetable   | 22.8   | 1 lb AP =<br>0.64 lb ready-<br>to-cook pared          |
|   |                           | 4.3                                       | ¼ cup cooked<br>mashed vegetable  | 22.8   |   |
| Frozen<br>(mashed)                                      | Pound                     | 7.0                                       | ¼ cup cooked<br>vegetable   | 14.3   |   |
| <b>STRAWBERRIES</b><br>Fresh                            | Pint<br>(11½ oz)          | 7.9                                       | ¼ cup raw whole<br>fruit  | 12.7   | 1 pt AP =<br>about 0.66 lb<br>ready-to-serve<br>raw   |
|   | Pound                     | 10.5                                      | ¼ cup raw whole<br>fruit  | 9.5  | 1 lb AP =<br>0.88 lb ready-<br>to-serve raw           |
| Canned  | No. 10 can<br>(102 oz)    | 47.8                                      | ¼ cup fruit and juice   | 2.1  |   |
|   | No. 303<br>can<br>(16 oz) | 7.5                                       | ¼ cup fruit and juice   | 13.4   |   |
| Frozen<br>(sliced)                                      | Pound                     | 7.1                                       | ¼ cup fruit and<br>juice  | 14.0   |   |
| <b>SUCCOTASH</b><br>Canned                              | No. 10 can<br>(105 oz)    | 47.3                                      | ¼ cup vegetable   | 2.2  | 1 No. 10 can =<br>about 71 oz<br>drained<br>vegetable |
|   | No. 303<br>can<br>(16 oz) | 7.2                                       | ¼ cup vegetable   | 13.9   |   |
| Frozen  | Pound                     | 9.4                                       | ¼ cup cooked<br>vegetable   | 10.6   |   |

# SWEET POTATOES

| Vegetables and Fruits       |                     |                                  |  |                                       |  |
|-----------------------------|---------------------|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased     | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                         |
| SWEET POTATOES<br>Fresh     | Pound               | 5.0                              | ½ baked potato (about ⅓ cup vegetable)                                 | 19.9                                  | 1 lb AP = 0.61 lb baked, without skin                      |
|                             |                     | 5.5                              | ¼ cup cooked mashed vegetable  | 17.9                                  | 1 lb AP = 0.80 lb peeled ready to-cook                     |
|                             |                     | 9.1                              | ¼ cup cooked sliced vegetable  | 11.0                                  |  |
| Canned<br>Syrup pack<br>Cut | No. 10 can (108 oz) | 45.4                             | ¼ cup heated vegetable   | 2.2                                   | 1 No. 10 can = about 71 oz (12½ cup) drained vegetable     |
|                             | No. 2½ can (29 oz)  | 12.2                             | ¼ cup heated vegetable   | 8.2                                   | 1 No. 2½ can = about 18 oz (3-1/3 cup) drained vegetable   |
|                             | No. 303 can (16 oz) | 6.7                              | ¼ cup heated vegetable   | 14.9                                  | 1 No. 303 can = about 9.7 oz (1-2/3 cup) drained vegetable |
| Whole                       | No. 10 can (108 oz) | 45.9                             | ¼ cup heated vegetable   | 2.2                                   | 1 No. 10 can = about 71 oz (13 cup) drained vegetable      |
|                             | No. 2½ can (29 oz)  | 12.3                             | ¼ cup heated vegetable   | 8.2                                   | 1 No. 2½ can = about 18 oz (3¼ cup) drained vegetable      |

**SWEET POTATOES —  
TOMATOES**

| Vegetables and Fruits                                   |                           |   |   |  |   |
|---|---------------------------|---|---|--|---|
| 1.<br>Food as purchased                                 | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                               |
| <b>SWEET POTATOES</b><br>Canned<br>Whole<br>— Continued | No. 303<br>can<br>(16 oz) | 6.8                                       | ¼ cup heated<br>vegetable   | 14.7   | 1 No. 303 can =<br>about 9.7 oz<br>(1¾ cup)<br>drained<br>vegetable |
| Vacuum pack<br>(whole)                                  | No. 3<br>(17 oz)          | 7.9                                       | ¼ cup vegetable   | 12.6   |   |
|   | Pound                     | 7.4                                       | ¼ cup vegetable   | 13.4   |   |
| Dehydrated<br>(low moisture)<br>Flakes                  | Pound                     | 10.5                                      | ¼ cup recon-<br>stituted vegetable  | 5.4  | 1 lb dry =<br>about<br>3¾ cups                                      |
| Frozen<br>(in syrup)                                    | Pound                     | 7.6                                       | ¼ cup cooked<br>vegetable   | 13.2   |   |
| <b>TANGERINES</b><br>Fresh                              | Pound                     | 4.0                                       | 1 medium tangerine<br>(about ½ cup fruit<br>and juice)                          | 25.0   | 1 lb AP =<br>0.74 lb ready-<br>to-serve                             |
|   |                           | 8.4                                       | ¼ cup fruit sections  | 11.9   | 1 medium<br>tangerine<br>size 176 =<br>about 2-3/8<br>inch diameter |
| Canned<br>(Mandarin<br>oranges)                         | Pound                     | 7.3                                       | ¼ cup fruit and<br>juice  | 13.7   | 1 lb AP =<br>about 0.61 lb<br>(1½ cup)<br>drained fruit             |
| <b>TOMATOES</b><br>Fresh                                | Pound                     | 8.9                                       | ¼ tomato<br>(about ¼ cup<br>vegetable)  | 11.2   | 1 lb AP =<br>0.99 lb ready-<br>to-serve raw                         |
|   |                           | 9.8                                       | ¼ cup sliced<br>vegetable   | 10.2   |   |
| Cherry  | Pound                     | 11.8                                      | ¼ cup whole<br>vegetable  | 8.5  | 1 lb AP =<br>0.97 lb<br>stemmed<br>tomatoes                         |

# **TOMATOES — TOMATO PASTE**

## **Vegetables and Fruits**

| 1.<br>Food as purchased             | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                           |
|-------------------------------------|---------------------------|---|---|--|---|
| <b>TOMATOES—Continued</b><br>Canned | No. 10<br>can<br>(102 oz) | 48.8                                      | ¼ cup vegetable   | 2.1  | 1 No. 10 can =<br>about 66 oz<br>drained<br>vegetable           |
|                                     |                           | 45.5                                      | ¼ cup heated<br>vegetable   | 2.2  |   |
|                                     | No. 2½<br>can<br>(28 oz)  | 13.4                                      | ¼ cup vegetable   | 7.5  | 1 No. 2½ can =<br>about 18.5 oz<br>drained<br>vegetable         |
|                                     |                           | 12.5                                      | ¼ cup heated<br>vegetable   | 8.0  |   |
|                                     | No. 303<br>can<br>(16 oz) | 7.6                                       | ¼ cup vegetable   | 13.1   | 1 No. 303 can =<br>about 10.5 oz<br>drained<br>vegetable        |
|                                     |                           | 7.1                                       | ¼ cup heated<br>vegetable   | 14.0   |   |
| <b>TOMATO PASTE</b><br>Canned       | No. 10<br>can<br>(111 oz) | 192.0                                     | 1 tablespoon<br>paste (¼ cup<br>vegetable)                                      | 0.6  | 1 No. 10 can =<br>12 cup<br>paste                               |
|                                     | No. 2½<br>can<br>(30 oz)  | 52.0                                      | 1 tablespoon<br>paste (¼ cup<br>vegetable)                                      | 2.0  | 1 No. 2½ can =<br>about 3¼<br>cup paste                         |
|                                     | Pound                     | 27.6                                      | 1 tablespoon<br>paste (¼ cup<br>vegetable)                                      | 3.7  | 1 No. 10 can<br>paste plus 3<br>cans water =<br>48 cup<br>juice |
|                                     | Picnic<br>(12 oz)         | 20.7                                      | 1 tablespoon<br>paste (¼ cup<br>vegetable)                                      | 4.9  | 1 12-oz can =<br>about 1¼ cup<br>paste                          |

# **TOMATO PUREE — TURNIP GREENS**

## **Vegetables and Fruits**

| 1.<br>Food as purchased                      | 2.<br>Purchase<br>unit               | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |
|--|--------------------------------------|---|---|--|---|
| <b>TOMATO PUREE</b><br>Canned                | No. 10<br>can<br>(106 oz)            | 96.0                                      | 2 tablespoons<br>puree (¼ cup<br>vegetable)                                     | 1.1  | 1 No. 10 can =<br>12 cup puree<br><br>1 No. 10 can<br>tomato puree<br>plus one can<br>water = 24<br>cup juice |
|  | No. 303<br>can<br>(16 oz)            | 14.4                                      | 2 tablespoons<br>puree (¼ cup<br>vegetable)                                     | 6.9  | 1 No. 303 can =<br>about 1¾ cup<br>puree  |
| <b>TOMATO SAUCE</b><br>Canned                | No. 10 can<br>(106 oz)               | 50.7                                      | ¼ cup vegetable   | 2.0  |   |
|  | Pound                                | 7.6                                       | ¼ cup vegetable   | 13.1   |   |
|  | No. 303<br>can<br>(15 oz)            | 7.1                                       | ¼ cup vegetable   | 14.0   |   |
| <b>TURNIP GREENS</b><br>Fresh<br>(untrimmed) | Pound                                | 6.5                                       | ¼ cup cooked<br>vegetable   | 15.4   | 1 lb AP =<br>0.70 lb ready-<br>to-cook  |
|  | Canned                               | No. 10 can<br>(98 oz)                     | ¼ cup heated<br>vegetable   | 3.7  | 1 No. 10 can =<br>58 oz drained<br>vegetable  |
|  |                                      | No. 2½<br>can<br>(27 oz)                  | ¼ cup heated<br>vegetable   | 13.2   |   |
|  | Pound                                | 4.5                                       | ¼ cup heated<br>vegetable   | 22.2   |   |
|  | No. 303<br>can<br>(15 oz)            | 4.2                                       | ¼ cup heated<br>vegetable   | 23.7   |   |
|  | Frozen<br>(chopped or<br>whole leaf) | Pound                                     | ¼ cup cooked<br>vegetable   | 10.5   |   |

# TURNIPS — WATERMELON

## Vegetables and Fruits

| 1.<br>Food as purchased            | 2.<br>Purchase<br>unit    | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                                  |
|------------------------------------|---------------------------|---|---|--|--|
| TURNIPS<br>Fresh<br>(without tops) | Pound                     | 11.2                                      | ¼ cup raw cubed or<br>diced vegetable   | 9.0  | 1 lb AP =<br>0.79 lb ready-<br>to-cook or<br>served raw                |
|                                    |                           | 8.7                                       | ¼ cup cooked cubed<br>vegetable   | 11.5   | 1 lb AP =<br>0.78 lb cooked  |
|                                    |                           | 5.6                                       | ¼ cup cooked<br>mashed vegetable  | 17.7   |  |
| VEGETABLES, MIXED<br>Canned        | No. 10<br>can<br>(104 oz) | 41.3                                      | ¼ cup heated<br>vegetable   | 2.5  | 1 No. 10 can =<br>70 oz drained<br>vegetable                           |
|                                    | No. 2½<br>can<br>(29 oz)  | 11.5                                      | ¼ cup heated<br>vegetable   | 8.7  | 1 No. 2½ can =<br>about 19.4 oz<br>(3-3/8 cup)<br>drained<br>vegetable |
|                                    | No. 303<br>can<br>(16 oz) | 6.3                                       | ¼ cup heated<br>vegetable   | 15.8   | 1 No. 303 can =<br>about 11 oz<br>(1¾ cup)<br>drained<br>vegetable     |
|                                    | Frozen                    | Pound                                     | 8.1   | ¼ cup cooked<br>vegetable                      | 12.3   |
| WATER CHESTNUTS<br>Canned          | Pound                     | 6.7                                       | ¼ cup drained fruit   | 14.8   |  |
| WATERCRESS<br>Fresh                | Pound                     | 50.5                                      | ¼ cup raw vegetable<br>sprigs or pieces   | 2.0  | 1 lb AP =<br>0.92 lb ready-<br>to-serve raw                            |
| WATERMELON<br>Fresh                | Melon<br>(about<br>27 lb) | 64.0                                      | 1 wedge (about ⅔<br>cup fruit)  | 1.6  |  |
|                                    | Pound                     | 6.4                                       | ¼ cup cubed fruit   | 15.5   | 1 lb AP = 0.57<br>lb ready-to-<br>serve raw                            |



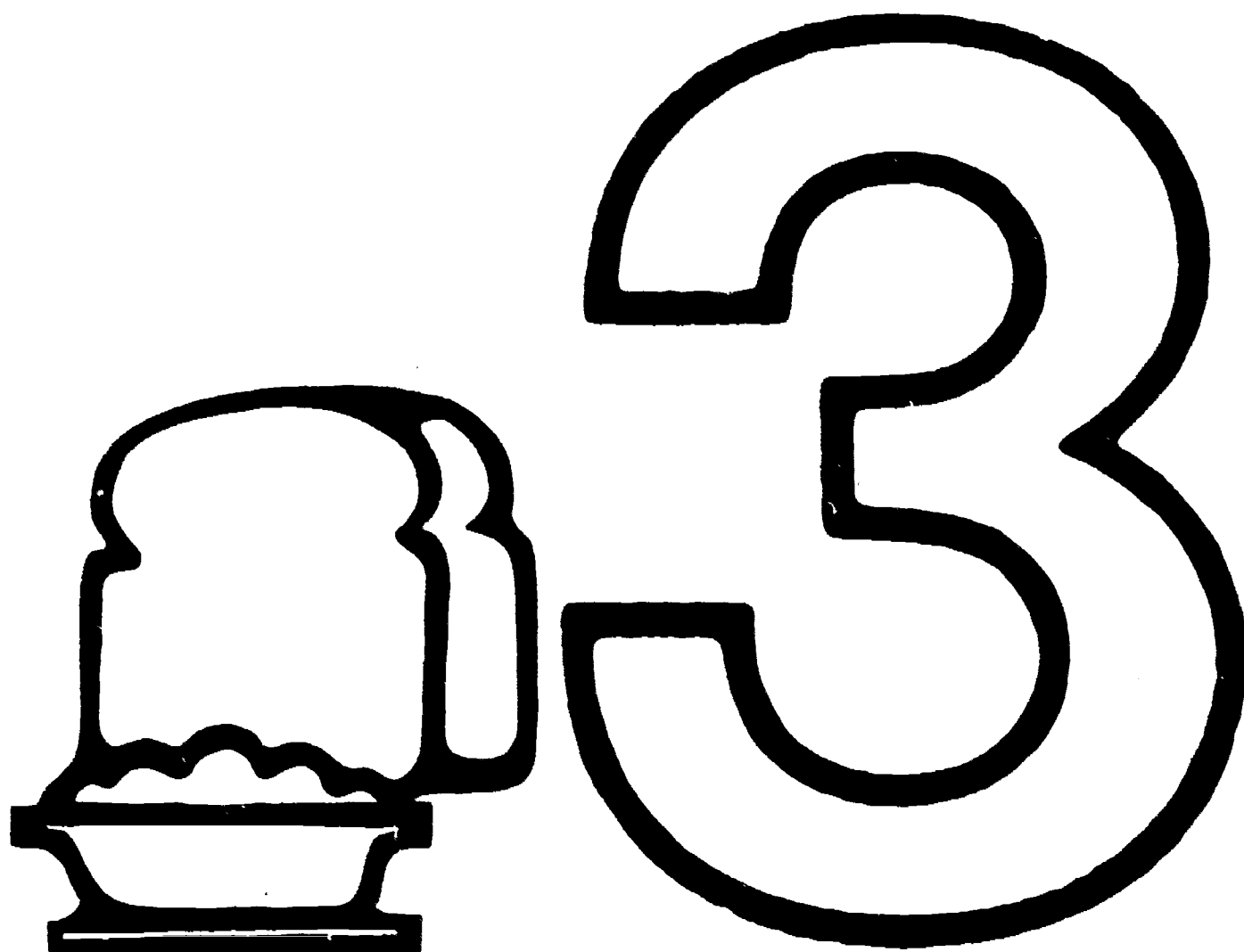
Vegetables and Fruits

| 1.<br>Food as purchased   | 2.<br>Purchase unit        | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information  |
|---|----------------------------|----------------------------------|--|---------------------------------------|---|
| <b>JUICES</b>   |                            |                                  |  |                                       |   |
| <b>Canned*</b>  |                            |                                  |  |                                       |   |
| Single strength (100% juice)  | No. 10 can (10 fl oz)      | 48.0                             | 1/4 cup fruit or vegetable juice                                       | 2.1                                   | 1 No. 10 can = 12 cup juice   |
| Vegetable or fruit (such as apple, grape, grapefruit, orange, lemon, orange, pineapple, prune, tomato, tangerine)                     | No. 3 Cyl (46 fl oz)       | 23.0                             | 1/4 cup fruit or vegetable juice                                       | 4.4                                   |   |
|   | Quart (32 fl oz)           | 16.0                             | 1/4 cup fruit or vegetable juice                                       | 6.3                                   |   |
|   | No. 2 1/2 can (25.5 fl oz) | 12.7                             | 1/4 cup fruit or vegetable juice                                       | 7.9                                   |   |
| <b>Frozen*</b>  |                            |                                  |  |                                       |   |
| Concentrated Any fruit (such as apple, grape, grapefruit, grapefruit-orange, lemon, orange, and lime) (1 part juice to 3 parts water) | 32 fl oz can (about 38 oz) | 64.0                             | 1 tablespoon concentrate (1/4 cup fruit juice)                         | 1.6                                   | 32 fl oz can reconstituted = 16 cup (128 fl oz). Reconstitute 1 part juice with not more than 3 parts water |
|   | 6 fl oz can (about 7 oz)   | 12.0                             | 1 tablespoon concentrate (1/4 cup fruit juice)                         | 8.4                                   | 6 fl oz can reconstituted = 3 cup (24 fl oz)  |
| <b>USDA-donated (special purchase)</b>  |                            |                                  |  |                                       |   |
| Concentrated, orange (1 part juice to 5 parts water)  | 32 fl oz can (about 42 oz) | 96.0                             | 2 teaspoons concentrate (1/4 cup fruit juice)                          | 1.1                                   | 32 fl oz can reconstituted = 24 cup (192 fl oz). Reconstitute 1 part juice with not more than 5 parts water |

\*The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2.

# SOUPS, CANNED

| Vegetables and Fruits  |  |                                  |  |                                       |  |
|--|--|----------------------------------|--|---------------------------------------|--|
| 1.<br>Food as purchased  | 2.<br>Purchase unit                    | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information                       |
| <b>SOUPS, CANNED</b><br>Condensed soups<br>(1 part soup to 1 part water)<br>clam chowder, minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry<br><br>Ready-to-serve soups<br>clam chowder, minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry | No. 3 Cyl<br>50 oz<br>(about 48 fl oz) | 11.5                             | 1 cup reconstituted (about ¼ cup vegetable)                            | 8.7                                   | Reconstitute 1 part soup with not more than 1 part water |
|  | Pound                                  | 3.6                              | 1 cup reconstituted (about ¼ cup vegetable)                            | 27.2                                  |  |
|  | Picnic<br>(about 10.75 oz)             | 2.4                              | 1 cup reconstituted (about ¼ cup vegetable)                            | 41.2                                  |  |
|  | 8 fl oz can                            | 1.0                              | 1 cup serving (about ¼ cup vegetable)                                  | 100.0                                 |  |
|  |  |                                  |  |                                       |  |



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## BREAD/BREAD ALTERNATES

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### **Section 3, Bread and Bread Alternates for the Child Nutrition Programs**

The meal patterns in all Child Nutrition Programs contain a bread or bread alternate requirement for a breakfast, lunch, or supper in the amounts given in meal pattern charts on pages 3, 5, 6, and 7. A bread or bread alternate may also be served as one of the two components of a snack for the Child Care and Summer Food Service Programs.

#### **Foods That Qualify as Breads and Bread Alternates**

A serving of bread or bread alternate for Child Nutrition Programs is defined as:

- One slice of enriched or whole-grain bread.
- An enriched or whole-grain biscuit, roll, muffin, etc.
- A serving of cooked whole-grain or enriched cereal grains such as rice, corn grits, or bulgur.
- A serving of cooked enriched or whole-grain macaroni or noodle products. Enriched macaroni-type products with fortified protein (as specified in Appendix A to program regulations) may be counted as meeting either the bread requirement or the meat requirement of lunches, suppers, or snacks but not both in the same meal.
- A serving of whole-grain, enriched or fortified breakfast cereal—cold dry or cooked—for a *breakfast* or a *snack only*.
- A serving of coffee cake, doughnuts, formulated grain-fruit products, or sweet rolls made with whole-grain or enriched meal or flour, for a *breakfast* or a *snack only*.
- A serving of cookies for a *snack only*, when whole-grain or enriched meal or flour is the predominant ingredient by weight as specified on the label or according to the recipe. USDA recommends that cookies be served as part of a snack no more than twice a week.
- A serving of rice used in rice pudding or bread used in bread pudding for a *snack only*.
- A combination of any of the above for the appropriate meal. See chart 6 for serving sizes.

#### **Foods That Do Not Qualify as Bread Alternates**

- *Snack products*, such as hard thin pretzels, chips, and similar items made from grain, and
- *Sweet products* such as cake, except as specified above, for breakfasts and snacks where they serve the customary function of bread in breakfasts and snacks.

**Criteria for  
Determining Accept-  
able Breads and  
Bread Alternates**

The following criteria were used as a basis for crediting items to meet the bread requirement:

1. The item must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal, the product must be whole-grain, enriched, or fortified.
2. If it is enriched, the item must meet the U. S. Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, cornmeal, or corn grits.
3. The item must contain whole-grain and/or enriched flour and/or meal as the primary ingredient(s) by weight as specified on the label or according to the recipe, or must be enriched in preparation or processing and labeled "enriched." If a cereal is fortified, the label must indicate it is fortified
4. The item must be provided in quantities specified in the regulations and in minimum serving sizes as specified in the following chart.
5. The item must serve the customary function of bread in a meal; for a lunch or supper that means it must be served as an accompaniment to, or a recognizable integral part of, the main dish (not merely as an ingredient).

**Criteria for  
Determining the  
Minimum Weight  
of a Serving**

The following criteria were used in determining the minimum weight of a serving:

1. The nutrients (primarily iron) provided by the grain content of a 25-gram (or 0.9 ounce) slice of enriched white bread or an equal amount of enriched or whole grain meal or flour.
2. Practicality of serving size.
3. Total solids content of the item. Breads and bread alternates have been divided into four groups according to moisture content. Within each group all items have approximately the same nutrient content, percent solids, and grain content per serving. The minimum weight of each group is based on the grain content of the product (exclusive of fillings, toppings, etc.)

**Definition of  
Terms**

"Bread servings" (this term appears in column 4 of the yield table) designates the contribution a given size makes toward the servings needed.

"Flour" is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour includes all grains (wheat, rye, corn, etc.).

"Meal" is the product derived by coarsely grinding corn, oats, wheat, etc.

"Cereal Grain" is the edible part of wheat, corn, rice, oats, rye, barley, etc.

**"Breakfast Cereal"** is any cereal served cold dry or cooked in the traditional role as a menu item for breakfast.

**"Enriched"** means that the product conforms to the Food and Drug Administration's Standard of Identity for levels of iron, thiamin, riboflavin, and niacin. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements. **"Whole-grain"** flour or meal is the product derived by grinding the entire grain. If a flour or meal does not contain the germ, it is not whole-grain.

## Chart 6. Breads and Bread Alternates for Child Nutrition Programs

### Group A - Breads, Rolls, and Quick Breads

1/4 serving = 7 grams (0.2 oz)  
1/2 serving = 13 grams (0.5 oz)

3/4 serving = 19 grams (0.7 oz)  
1 serving = 25 grams (0.9 oz)

Bagels  
Biscuits  
Boston Brown Bread  
Breads, sliced, all  
types (white, rye,  
whole wheat, raisin,  
quick breads, etc.)  
Coffee Cake (breakfast  
and snack only)  
Corn Bread

Croissants  
Doughnuts (breakfast  
and snack only)  
Egg Roll/Won Ton Wrappers  
English Muffins  
French, Vienna, or Italian  
Bread  
Muffins  
Pizza Crust  
Pretzels (soft)

Rolls and Buns  
Stuffing, Bread  
(weights apply  
to the bread  
in the stuffing)  
Sweet Rolls and  
Sweet Buns  
(breakfast and snack  
only)  
Syrian Bread (Pita)

### Group B - Crackers and Low-Moisture Breads

1/4 serving = 5 grams (0.2 oz)  
1/2 serving = 10 grams (0.4 oz)

3/4 serving = 15 grams (0.5 oz)  
1 serving = 20 grams (0.7 oz)

Batter and/or Breading  
Bread sticks (dry)  
Chow Mein Noodles  
Graham Crackers

Melba Toast  
Rye Wafers  
Saltine Crackers  
Soda Crackers

Taco Shells (whole, pieces)  
Toaster Pastries (breakfast  
and snack only)  
Zwieback

### Group C - Miscellaneous Items

1/4 serving = 8 grams (0.3 oz)  
1/2 serving = 15 grams (0.5 oz)

3/4 serving = 22 grams (0.8 oz)  
1 serving = 30 grams (1.1 oz)

Dumplings  
Hush Puppies  
Meat/Meat Alternate  
Pie Crust

Meat/Meat Alternate  
Turnover Crust  
Pancakes  
Sopapillas

Spoonbread  
Tortillas  
Waffles

NOTE: Cookies, Granola Bars, etc. (snack only) — 1/2 serving = 18 grams; 1 serving = 35 grams

### Group D - Pastas, Cereal Grains, and Breakfast Cereals

1/4 serving = 1/8 cup cooked or 7 grams (0.2 oz) dry  
1/2 serving = 1/4 cup cooked or 13 grams (0.5 oz) dry  
3/4 serving = 3/8 cup cooked or 19 grams (0.7 oz) dry  
1 serving = 1/2 cup cooked or 25 grams (0.9 oz) dry

Barley  
Breakfast Cereals\*  
cold dry or  
cooked (breakfast  
and snack only)

Bulgur  
Corn Grits  
Lasagna Noodles  
Macaroni, Spaghetti,  
and assorted pasta  
shapes

Noodles (egg)  
Ravioli (pasta only)  
Rice

\*For the School Breakfast Program a serving is 3/4 cup or 1 ounce, whichever is less, of cold dry or cooked cereals. For the Child Care and Summer Food Service Programs a serving of cold dry cereal is 3/4 cup or 1 ounce, whichever is less (one-half serving is 1/3 cup or 1/2 ounce, whichever is less), and a serving of cooked cereal is 1/2 cup (one-half serving is 1/4 cup).

NOTE: When any cereal grain is used as an ingredient in a bread or bread alternate, use the serving size given for the appropriate bread group. For example, a serving of oatmeal bread should weigh 25 grams (Group A).

Some of the above foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. Keep this in mind when considering how often to serve them.



## Instructions for Using Yield Data

The data on bread and bread alternates in the following table include yield information on **common types and customary portion sizes** of products that you can buy on the market. All breads—commercially baked or school baked—must be whole-grain or enriched to meet the bread requirement of the breakfast or lunch programs.

The size and shape of the loaves and the thickness and number of slices per loaf will vary with the kind of bread and the bakers. The approximate weight of a serving of bread or alternate is given in the table. If the weight of a serving differs greatly from the approximate weight, you may need to make adjustments in the amount you buy.

## Explanation of Table

**Column 1 Food as purchased:** In general, foods are arranged in alphabetical order. The Group number is listed for each product. For additional information on these groups, see Chart 4.

**Column 2 Purchase unit:** The purchase unit for bread and bread alternates is 1 pound or, for cold dry cereals, a package. You can use data for one purchase unit to determine how much of the item you need for the number of people you serve. For breads purchased singly or by the dozen, refer to chart for serving sizes.

**Column 3 Servings per purchase unit:** This column shows the number of servings of a given size obtained from each purchase unit. Numbers in this column are often rounded down in order to help ensure enough food for the number of servings.

**Column 4 Serving size or portion and contribution to the meal pattern:** The size of a serving is expressed in volume and/or weight. The number of bread servings provided is given in parentheses for sliced bread and crackers. Note that the serving sizes of cereals and cereal grains are different for each program.

**School Breakfast Programs:** 3/4 cup or 1 ounce (whichever is less) of any cold dry or cooked breakfast cereal counts as one bread serving.

**National School Lunch Program:** 1/2 cup of any cooked cereal grain counts as one bread serving.

**Child Care Food Program and Summer Food Service Program:** 1/2 cup of cooked breakfast cereal or cereal grain counts as one bread serving; 1/4 cup of cooked breakfast cereal or cereal grain counts as one-half bread serving. Also, for breakfast or snacks, 3/4 cup or 1 ounce (whichever is less) of cold dry breakfast cereal counts as one bread serving; 1/3 cup or 1/2 ounce (whichever is less) of cold dry breakfast cereal counts as one-half bread serving.

**Column 5 Purchase units for 100 servings:** This column shows the number of purchase units needed for 100 servings. Numbers in this column are generally rounded up in order to help ensure enough food for the number of servings.

**Column 6 Additional Yield Information:** This column gives other information to help you calculate the amount of food you need to prepare meals. For example, the number of cups you will get from a pound of food as purchased is shown for many bread alternates.

**Bread and Bread Alternates**

| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information    |
|--|------------------------|---|---|--|--|
| <b>BREAD (Group A)</b><br><b>Sliced Bread*</b><br>(All Types -<br>white, rye,<br>whole wheat,<br>raisin, quick<br>bread, etc.) | Pound                  | 32.0                                      | ½ slice<br>(13 g or 0.5 oz)<br>(½ bread serving)                                | 3.2  |  |
|  |                        | 16.0                                      | 1 slice<br>(25 g or 0.9 oz)<br>(1 bread serving)                                | 6.3  |  |
| <b>BREAD STICKS</b><br>(Group B)   | Pound                  | 45.3                                      | 2 sticks<br>(10 g or 0.4 oz)<br>(½ bread<br>serving)                            | 2.2  |  |
|  |                        | 22.6                                      | 4 sticks<br>(20 g or 0.7 oz)<br>(1 bread<br>serving)                            | 4.5  | 7¾ inches<br>long,<br>¾ inch<br>diameter |
| <b>CEREALS (Group D)</b><br><b>BARLEY</b>  | Pound                  | 42.0                                      | ¼ cup cooked  | 2.4  | 1 lb dry =<br>about 2-1/3<br>cup         |
|  |                        | 21.2                                      | ½ cup cooked  | 4.8  |  |
|  |                        | 14.1                                      | ¾ cup cooked  | 7.1  |  |
| <b>BULGUR</b>  | Pound                  | 39.2                                      | ¼ cup cooked  | 2.6  | 1 lb dry =<br>about<br>3 cup             |
|  |                        | 19.6                                      | ½ cup cooked  | 5.1  |  |
|  |                        | 13.0                                      | ¾ cup cooked  | 7.7  |  |
| <b>CORNMEAL (yellow)</b><br><b>Degerminated</b>  | Pound                  | 50.7                                      | ¼ cup cooked  | 2.0  | 1 lb dry =<br>about<br>3 cup             |
|  |                        | 25.3                                      | ½ cup cooked  | 4.0  |  |
|  |                        | 16.9                                      | ¾ cup cooked  | 6.0  |  |

\*The number of slices per purchase unit does not include  
the end slices.

# CEREALS

| 1.<br>Food as purchased                       | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information |
|---|---------------------|----------------------------------|--|---------------------------------------|------------------------------------|
| <b>CORNMEAL</b><br>—Continued<br>Stone ground | Pound               | 57.3                             | ¼ cup cooked   | 1.8                                   | 1 lb dry = about 3-3/8 cup         |
|   |                     | 28.6                             | ½ cup cooked   | 3.5                                   |                                    |
|   |                     | 19.1                             | ¾ cup cooked   | 5.3                                   |                                    |
| <b>CORN GRITS</b><br>Instant                  | Pound               | 54.7                             | ¼ cup cooked   | 1.9                                   | 1 lb dry = about 5-3/4 cup         |
|   |                     | 27.4                             | ½ cup cooked   | 3.7                                   |                                    |
|   |                     | 18.2                             | ¾ cup cooked   | 5.5                                   |                                    |
| Quick   | Pound               | 45.0                             | ¼ cup cooked   | 2.3                                   | 1 lb dry = about 2-3/4 cup         |
|   |                     | 22.4                             | ½ cup cooked   | 4.5                                   |                                    |
|   |                     | 15.0                             | ¾ cup cooked   | 6.7                                   |                                    |
| Regular                                       | Pound               | 50.3                             | ¼ cup cooked   | 2.0                                   | 1 lb dry = about 2-3/4 cup         |
|   |                     | 25.1                             | ½ cup cooked   | 4.0                                   |                                    |
|   |                     | 16.7                             | ¾ cup cooked   | 6.0                                   |                                    |
| <b>FARINA</b><br>Instant                      | Pound               | 45.5                             | ¼ cup cooked   | 2.2                                   | 1 lb dry = about 2-3/8 cup         |
|   |                     | 22.7                             | ½ cup cooked   | 4.4                                   |                                    |
|   |                     | 15.1                             | ¾ cup cooked   | 6.6                                   |                                    |
| Quick   | Pound               | 58.1                             | ¼ cup cooked   | 1.8                                   | 1 lb dry = about 2-1/2 cup         |
|   |                     | 29.0                             | ½ cup cooked   | 3.5                                   |                                    |
|   |                     | 19.3                             | ¾ cup cooked   | 5.2                                   |                                    |

# CEREALS

## Bread and Bread Alternatives

| 1.<br>Food as purchased                               | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |
|---|------------------------|---|---|--|---|
| <b>FARINA—Continued</b>                               |                        |   |   |  |   |
| Regular   | Pound                  | 58.9                                      | 1/4 cup cooked  | 1.7  | 1 lb dry =<br>about<br>2-1/2 cup  |
|   |                        | 29.4                                      | 1/2 cup cooked  | 3.4  |   |
|   |                        | 19.6                                      | 3/4 cup cooked  | 5.1  |   |
| READY-TO-EAT<br>(wheat, corn, rice,<br>oats, granola) | Package                | 1.0                                       | 3/4 cup or 1<br>ounce   | 100.0  | Package<br>contents<br>vary with the<br>cereal—flakes,<br>puffs, biscuits,<br>shreds,<br>granules, etc. |
| <b>ROLLED OATS</b>                                    |                        |   |   |  |   |
| Instant   | Pound                  | 46.9                                      | 1/4 cup cooked  | 2.2  | 1 lb dry =<br>about<br>5-2/3 cup  |
|   |                        | 23.4                                      | 1/2 cup cooked  | 4.3  |   |
|   |                        | 15.6                                      | 3/4 cup cooked  | 6.4  |   |
| Quick   | Pound                  | 47.6                                      | 1/4 cup cooked  | 2.1  | 1 lb dry =<br>about<br>6-1/4 cup  |
|   |                        | 23.8                                      | 1/2 cup cooked  | 4.3  |   |
|   |                        | 15.8                                      | 3/4 cup cooked  | 6.3  |   |
| Regular   | Pound                  | 45.4                                      | 1/4 cup cooked  | 2.2  | 1 lb dry =<br>about<br>6 cup  |
|   |                        | 22.7                                      | 1/2 cup cooked  | 4.4  |   |
|   |                        | 15.1                                      | 3/4 cup cooked  | 6.6  |   |
| <b>ROLLED WHEAT</b>                                   | Pound                  | 44.1                                      | 1/4 cup cooked  | 2.3  | 1 lb dry =<br>about<br>4-3/4 cup  |
|   |                        | 22.0                                      | 1/2 cup cooked  | 4.6  |   |

# CEREALS — CRACKERS

## Bread and Bread Alternates

| 1.<br>Food as purchased                   | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|---|------------------------|---|---|--|---------------------------------------|
| <b>WHEAT, CEREAL</b><br>Instant           | Pound                  | 49.1                                      | ¼ cup cooked  | 2.1  | 1 lb dry =<br>about<br>4 cup          |
|   |                        | 24.5                                      | ½ cup cooked  | 4.1  |                                       |
|   | Pound                  | 49.2                                      | ¼ cup cooked  | 2.1  | 1 lb dry =<br>about<br>3-1/3 cup      |
|   |                        | 24.6                                      | ½ cup cooked  | 4.1  |                                       |
| <b>CHOW MEIN<br/>NOODLES</b><br>(Group B) | Pound                  | 34.8                                      | ¼ cup serving<br>(11 g or 0.4 oz)   | 2.9  |                                       |
|   |                        | 17.4                                      | ½ cup serving<br>(22 g or 0.8 oz)   | 5.8  |                                       |
| <b>CRACKERS</b><br>(Group B)              |                        |   |   |  |                                       |
| GRAHAM                                    | Pound                  | 32.4                                      | 2 crackers<br>(14 g or 0.5 oz)<br>(½ bread serving)                             | 3.1  | 1 lb AP =<br>about 64<br>crackers     |
|   |                        | 21.3                                      | 3 crackers<br>(21 g or 0.7 oz)<br>(1 bread serving)                             | 4.7  |                                       |
| SALTINES                                  | Pound                  | 41.2                                      | 4 crackers<br>(11 g or 0.4 oz)<br>(½ bread serving)                             | 2.5  | 7 crackers<br>minimum                 |
|   |                        | 20.6                                      | 8 crackers<br>(23 g or 0.8 oz)<br>(1 bread serving)                             | 4.9  |                                       |
| SODA                                      | Pound                  | 45.0                                      | 2 crackers<br>(10 g or 0.4 oz)<br>(½ bread serving)                             | 2.3  |                                       |
|   |                        | 22.5                                      | 4 crackers<br>(20 g or 0.7 oz)<br>(1 bread serving)                             | 4.5  |                                       |

**Bread and Bread Alternates**

| 1.<br>Food as purchased             | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|-------------------------------------|------------------------|---|---|--|---------------------------------------|
| <b>MELBA TOAST</b><br>(Group B)     | Pound                  | 37.8                                      | 3 pieces<br>(12 g or 0.4 oz)<br>(½ bread serving)                               | 2.7  |                                       |
|                                     |                        | 22.2                                      | 5 pieces<br>(20 g or 0.7 oz)<br>(1 bread serving)                               | 4.5  |                                       |
| <b>PASTA (Group D)</b>              |                        |   |   |  |                                       |
| <b>MACARONI</b><br>Elbow<br>Regular | Pound                  | 39.0                                      | ¼ cup cooked  | 2.6  | 1 lb dry =<br>about<br>3-1/2 cup      |
|                                     |                        | 19.5                                      | ½ cup cooked  | 5.2  |                                       |
| Protein –<br>fortified              | Pound                  | 39.6                                      | ¼ cup cooked  | 2.6  | 1 lb dry =<br>about<br>3-1/2 cup      |
|                                     |                        | 19.8                                      | ½ cup cooked  | 5.1  |                                       |
| Spiral                              | Pound                  | 33.8                                      | ¼ cup cooked  | 3.0  | 1 lb dry =<br>about<br>5-3/8 cup      |
|                                     |                        | 16.9                                      | ½ cup cooked  | 6.0  |                                       |
| <b>NOODLES</b><br>Egg<br>(medium)   | Pound                  | 40.3                                      | ¼ cup cooked  | 2.5  | 1 lb dry =<br>about<br>11-7/8 cup     |
|                                     |                        | 20.1                                      | ½ cup cooked  | 5.0  |                                       |
| Lasagna                             | Pound                  | 36.4                                      | ¼ cup cooked  | 2.8  | 1 lb dry =<br>about<br>19 pieces      |
|                                     |                        | 18.2                                      | ½ cup cooked  | 5.5  |                                       |
| <b>SPAGHETTI</b><br>Regular         | Pound                  | 33.0                                      | ¼ cup cooked  | 3.1  | 1 lb dry =<br>about<br>6-3/8 cup      |
|                                     |                        | 16.5                                      | ½ cup cooked  | 6.1  |                                       |

# **PASTA — RICE**

## **Bread and Bread Alternates**

| 1.<br>Food as purchased          | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|----------------------------------|------------------------|---|---|--|---------------------------------------|
| <b>Spaghetti—Continued</b>       |                        |   |   |  |                                       |
| Protein —<br>fortified           | Pound                  | 47.3                                      | ¼ cup cooked  | 2.2  | 1 lb dry =<br>about<br>3-3/4 cup      |
|                                  |                        | 23.6                                      | ½ cup cooked  | 4.3  |                                       |
| <b>RICE (Group D)</b>            |                        |   |   |  |                                       |
| Brown<br>(long grain)            | Pound                  | 39.1                                      | ¼ cup cooked  | 2.6  |                                       |
|                                  | Pound                  | 19.5                                      | ½ cup cooked  | 5.2  | 1 lb dry =<br>about<br>2-1/2 cup      |
| White<br>Long grain<br>Parboiled | Pound                  | 36.0                                      | ¼ cup cooked  | 2.8  |                                       |
|                                  | Pound                  | 18.0                                      | ½ cup cooked  | 5.6  | 1 lb dry =<br>about<br>2-1/2 cup      |
| Precooked                        | Pound                  | 47.3                                      | ¼ cup prepared<br>with boiling water  | 2.2  |                                       |
|                                  | Pound                  | 23.6                                      | ½ cup prepared<br>with boiling water  | 4.3  | 1 lb dry =<br>about<br>4-1/2 cup      |
|                                  | Pound                  | 30.7                                      | ¼ cup simmered  | 3.3  |                                       |
|                                  | Pound                  | 15.3                                      | ½ cup simmered  | 6.6  | 1 lb dry =<br>about<br>7 cup          |
| Regular                          | Pound                  | 35.9                                      | ¼ cup cooked  | 2.8  |                                       |
|                                  | Pound                  | 17.9                                      | ½ cup cooked  | 5.6  | 1 lb dry =<br>about<br>2-1/3 cup      |
| Medium<br>(regular)              | Pound                  | 36.1                                      | ¼ cup cooked  | 2.8  |                                       |
|                                  | Pound                  | 18.0                                      | ½ cup cooked  | 5.6  | 1 lb dry =<br>about<br>2-1/4 cup      |



**Bread and Bread Alternates**

| 1.<br>Food as purchased                         | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion<br>and contribution<br>to the meal<br>requirement | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
|---|------------------------|---|---|--|---------------------------------------|
| <b>RICE—continued</b><br><br>Short<br>(regular) | Pound                  | 31.6                                      | ¼ cup cooked  | 3.2  | 1 lb dry =<br>about<br>2-1/4 cup      |
|   | Pound                  | 15.8                                      | ½ cup cooked  | 6.4  |                                       |
| <b>RYE WAFERS</b><br>(Group B)                  | Pound                  | 36.0                                      | 2 wafers<br>(13 g or 0.5 oz)<br>(½ bread serving)                               | 2.8  |                                       |
|   |                        | 18.0                                      | 4 wafers<br>(25 g or 0.9 oz)<br>(1 bread serving)                               | 5.6  |                                       |
| <b>TACO SHELLS</b><br>(Group B)                 | Dozen                  | 12.0                                      | 1 taco shell<br>(10 g or 0.4 oz)<br>(½ bread serving)                           | 8.4  |                                       |
|   |                        | 6.0                                       | 2 taco shells<br>(20 g or 0.8 oz)<br>(1 bread serving)                          | 16.7   |                                       |
| <b>ZWIEBACK (Group B)</b>                       | Pound                  | 32.4                                      | 2 pieces<br>(14 g or 0.5 oz)<br>(½ bread serving)                               | 3.1  |                                       |
|   |                        | 21.3                                      | 3 pieces<br>(21 g or 0.7 oz)<br>(1 bread serving)                               | 4.7  |                                       |



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## Milk

- 130 Fluid Milk for the Child Nutrition Programs
- 131 Yield Data Table for Fluid Milk

## **Section 4, Milk**

### **Fluid Milk for the Child Nutrition Programs**

Regulations for Child Nutrition Programs require that, to be eligible for cash reimbursement, each breakfast, lunch, or supper must contain fluid milk. Fluid milk is one of the options for a snack in the Child Care Food Program and the Summer Food Service Program.

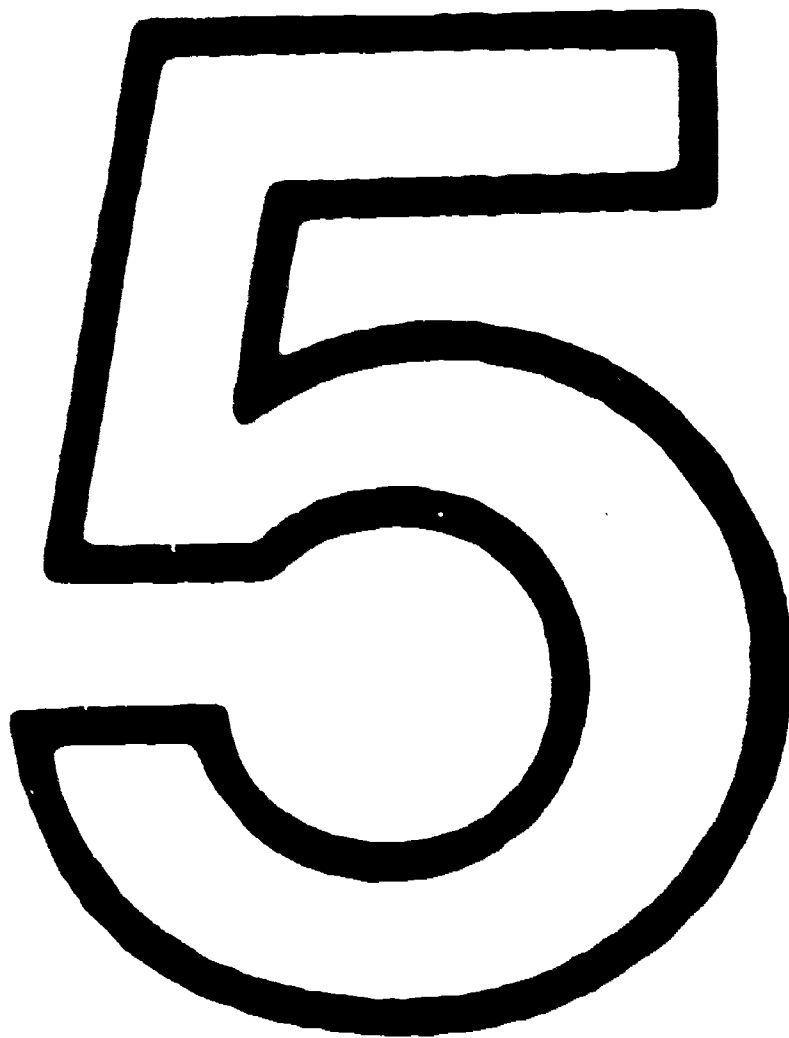
In a lunch or a supper the fluid milk must be served as a beverage. For a breakfast or a snack, you may serve the fluid milk as a beverage, on cereal, or both.

In the School Breakfast Program, the Child Care Food Program, and the Summer Food Service Program, fluid milk includes whole milk, lowfat milk, skim milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State or local standards.

In the School Lunch Program at least one of the following types of milk must be offered: unflavored fluid lowfat or skim milk, or buttermilk. You may also offer other fluid milks such as whole milk or any flavored milk. You are *not required* to offer a *choice* of milk if you serve unflavored lowfat or skim milk, or buttermilk.

Fluid milk means pasteurized fluid unflavored or flavored skim milk, lowfat milk or whole milk or cultured buttermilk, all of which meet State and local standards for such milk. The milk should contain vitamins A and D at levels consistent with State and local standards.

| Milk   |                     |                                  |  |                                       |                                    |
|--|---------------------|----------------------------------|--|---------------------------------------|------------------------------------|
| 1.<br>Food as purchased  | 2.<br>Purchase unit | 3.<br>Servings per purchase unit | 4.<br>Serving size or portion and contribution to the meal requirement | 5.<br>Purchase units for 100 servings | 6.<br>Additional yield information |
| MILK, FLUID<br>lowfat milk,<br>skim milk, butter-<br>milk, whole milk<br>(unflavored or<br>flavored) | Gallon              | 16.0                             | ½ pint milk<br>(1 cup milk)  | 6.3                                   |                                    |
|  |                     | 21.3                             | ¾ cup milk   | 4.7                                   |                                    |
|  |                     | 32.0                             | ½ cup milk   | 3.2                                   |                                    |
|  | Quart               | 4.0                              | ½ pint milk<br>(1 cup milk)  | 25.0                                  |                                    |
|  |                     | 5.3                              | ¾ cup milk   | 18.8                                  |                                    |
|  |                     | 8.0                              | ½ cup milk   | 12.5                                  |                                    |
|  | ½ pint<br>(8 fl oz) | 1.0                              | ½ pint milk  | 100.0                                 |                                    |
|  | ¾ cup<br>(6 fl oz)  | 1.0                              | ¾ cup milk   | 100.0                                 |                                    |
|  | ½ cup<br>(4 fl oz)  | 1.0                              | ½ cup milk   | 100.0                                 |                                    |



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## OTHER FOODS

- 134 Description of Other Foods
- 135 Yield Data Table for Other Foods

## **Section 5, Other Foods**

### **Description of Other Foods**

The foods in this section do not meet the requirement for any component in the meal patterns. They are included for your convenience since they are foods frequently used as condiments and seasonings, to round out the meal, to improve acceptability, and to satisfy the children's appetites.

These foods supply calories which help to meet the energy needs of growing boys and girls. They also contribute varying amounts of protein, vitamins, and minerals essential to good nutrition. However, many of these foods are high in salt, sugar, or fat. For that reason you may want to consider carefully how often and in what amounts you use them.

The section does not include yields for all of the "other foods" you need in preparing meals. Flour and sugar, for example, are not included since they are never served alone. When purchase units for 100 servings of a food seem inappropriate, such as 100 cups of mustard, column 5 is left blank.

Foods are designated as "USDA-donated (special purchase)" or "Market Pack" in Column 1. USDA-donated (special purchase) foods are not normally available on the market. Market Pack foods are commercially available.

Refer to the Introduction Section for instructions for using Yield Data Tables.

| Other Foods  |                                    |   |                               |  |  |
|--|------------------------------------|---|-------------------------------|--|--|
| 1.<br>Food as purchased                                    | 2.<br>Purchase<br>unit             | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information            |
| <b>BUTTER, MARGARINE</b>                                   |                                    |   |                               |  |  |
| BUTTER   | Pound                              | 96.0                                      | 1 teaspoon butter             | 1.1  | 1 pound =<br>2 cup                               |
| MARGARINE  | Pound                              | 96.0                                      | 1 teaspoon<br>margarine       | 1.1  |  |
| <b>CATSUP, CHILI<br/>SAUCE, MUSTARD,<br/>PICKLE RELISH</b> |                                    |   |                               |  |  |
| CATSUP, TOMATO   | No. 10 can<br>(115 oz)             | 11.4                                      | 1 cup catsup                  | —  | 1 can = about<br>1 1/2 cup                       |
|  |                                    | 183.0                                     | 1 tablespoon catsup           | .6   |  |
|  | 20 oz<br>bottle                    | 32.0                                      | 1 tablespoon<br>catsup        | 3.2  |  |
|  | Pound                              | 1.6                                       | 1 cup catsup                  | —  |  |
| CHILI SAUCE  | No. 10 can<br>(113 oz)             | 12.9                                      | 1 cup sauce                   | —  |  |
|  | 19 oz<br>bottle                    | 2.2                                       | 1 cup sauce                   | —  |  |
|  | Pound                              | 1.8                                       | 1 cup sauce                   | —  |  |
|  |                                    |   |                               |  |  |
| MUSTARD, PREPARED  | 1 gallon<br>(about<br>142 oz)      | 16.0                                      | 1 cup mustard                 | —  |  |
|  |                                    | 256.0                                     | 1 tablespoon<br>mustard       | .4   |  |
|  | 1 quart<br>(about<br>35<br>ounces) | 64.0                                      | 1 tablespoon<br>mustard       | 1.6  |  |
|  | Pound                              | 1.8                                       | 1 cup mustard                 | —  |  |
| PICKLE RELISH  | 1 gallon<br>(about<br>147 oz)      | 16.0                                      | 1 cup relish                  | —  | 1 gal = about<br>58 oz drained<br>(about 8 cups) |
|  |                                    | 256.0                                     | 1 tablespoon<br>relish        | .4   |  |



**CATSUP, ETC.—  
DAIRY PRODUCTS**

**Other Foods**

| 1.<br>Food as purchased                 | 2.<br>Purchase<br>unit             | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion       | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                           |
|---|------------------------------------|---|-------------------------------------|--|---|
| <b>PICKLE RELISH</b><br>— Continued     |                                    |   |                                     |  |   |
|   | 1 quart<br>(about<br>35<br>ounces) | 64.0                                      | 1 tablespoon<br>relish              | 1.6  |   |
|   | Pound                              | 1.8                                       | 1 cup relish                        | —  |   |
| <b>COCONUT</b>                          |                                    |   |                                     |  |   |
| Fresh<br>(in shell)                     | Pound                              | 2.7                                       | 1 cup shredded or<br>grated coconut | —  | 1 lb in shell =<br>about 0.48 lb<br>(2¾ cup) ready-<br>to-serve |
| Dried<br>Flakes                         | Pound                              | 5.1                                       | 1 cup coconut                       | —  |   |
| Shredded                                | Pound                              | 4.9                                       | 1 cup coconut                       | —  |   |
| Frozen<br>(shredded)                    | Pound                              | 5.8                                       | 1 cup coconut                       | —  |   |
| <b>DAIRY PRODUCTS</b>                   |                                    |   |                                     |  |   |
| <b>CREAM</b>                            |                                    |   |                                     |  |   |
| Light                                   | Quart                              | 64.0                                      | 1 tablespoon cream                  | 1.6  |   |
| Heavy (whipping)                        | Quart                              | 128.0                                     | 1 tablespoon,<br>whipped cream      | .8   | Volume<br>doubles when<br>whipped                               |
|   | Pint                               | 64.0                                      | 1 tablespoon<br>whipped cream       | 1.6  |   |
| <b>CREAM CHEESE</b>                     | Pound                              | 15.6                                      | 2 tablespoon cheese                 | 6.4  |   |
| <b>ICE CREAM, ICE<br/>MILK, SHERBET</b> |                                    |   |                                     |  |   |
| Brick                                   | Quart                              | 8.0                                       | 1 slice                             | 12.5   |   |
| Bulk                                    |                                    |   |                                     |  |   |
| Hardened<br>or                          | Gallon                             | 32.0                                      | ½ cup                               | 3.2  |   |
| Soft serve                              | Gallon                             | 64.0                                      | ¼ cup                               | 1.6  |   |

| Other Food  |                          |   |                               |  |   |                                |
|---|--------------------------|---|-------------------------------|--|---|--------------------------------|
| 1.<br>Food as purchased   | 2.<br>Purchase<br>unit   | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |                                |
| MILK, DRY<br>Whole<br>(regular)<br><br>Nonfat<br>Instant<br><br><br>Non-instant<br>USDA-donated<br>(special purchase)<br><br><br>Evaporated | Pound                    | 14.2                                      | 1 cup reconstituted<br>milk   | —  | 4.5 oz (1 cup)<br>dry + 3-1/2<br>cup water =<br>about 1 qt fluid<br>whole milk            |                                |
|   | Pound                    | 3.5                                       | 1 cup dry milk                | —  |   |                                |
|   | Pound                    | 20.0                                      | 1 cup reconstituted<br>milk   | —  | 3.2 oz (1-1/3<br>cup) dry +<br>3-3/4 to 4 cup<br>water = about<br>1 qt fluid skim<br>milk |                                |
|   | Pound                    | 6.6                                       | 1 cup dry milk                |  |   |                                |
|   | Pound                    | 20.0                                      | 1 cup reconstituted<br>milk   | —  | 3.2 oz (3/4 cup)<br>dry + 3-3/4<br>cup water =<br>about 1 qt fluid<br>skim milk           |                                |
|   | Pound                    | 3.7                                       | 1 cup dry milk                | —  |   |                                |
|   | No. 10 can<br>(97 fl oz) | 12.0                                      | 1 cup concentrated<br>milk    | —  | Dilute 1 part<br>evaporated<br>milk with 1 part<br>water                                  |                                |
|   | 13 fl oz<br>can          | 1.6                                       | 1 cup concentrated<br>milk    | —  |   |                                |
|   | YOGURT                   | 8 fl oz<br>cup                            | 1.0                           | 1 container yogurt                             | 100.0   |                                |
|   | HOMINY<br>Canned         | No. 10 can<br>(105 oz)                    | 46.9                          | 1/4 cup hominy                                 | 2.2   | 1 can = about<br>68 oz drained |
| No. 2 1/2<br>can<br>(29 oz)   |                          | 12.9                                      | 1/4 cup hominy                | 7.8  | 1 can =<br>about 19 oz<br>drained   |                                |
| No. 303<br>can<br>(16 oz)   |                          | 7.1                                       | 1/4 cup hominy                | 14.0   | 1 can =<br>about 10 oz<br>drained   |                                |

# **NUTS — PRESERVES AND SYRUPS**

| 1.<br>Food as purchased                           | 2.<br>Purchase<br>unit             | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion     | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information                |
|---|------------------------------------|---|-----------------------------------|--|--|
| <b>NUTS</b>                                       |                                    |   |                                   |  |  |
| <b>ALMONDS</b><br>(shelled, whole,<br>with skins) | Pound                              | 3.1                                       | 1 cup nuts                        | —  | 1 lb in shell =<br>about 0.49 lb<br>(1½ cup) nuts    |
| <b>CASHEWS</b><br>(shelled, whole)                | Pound                              | 3.3                                       | 1 cup nuts                        | —  |  |
| <b>MACADAMIA</b><br>(shelled, whole)              | Pound                              | 3.2                                       | 1 cup nuts                        | —  | 1 lb in shell =<br>about 0.35 lb<br>(1-1/8 cup) nuts |
| <b>PEANUT GRANULES</b>                            | No. 10 can<br>(56 oz)              | 11.9                                      | 1 cup nuts                        | —  |  |
|   | Pound                              | 3.4                                       | 1 cup nuts                        | —  |  |
| <b>PEANUTS, ROASTED</b><br>(shelled)              | No. 10 can<br>(64 oz)              | 11.9                                      | 1 cup whole nuts                  | —  |  |
|   | Pound                              | 2.9                                       | 1 cup whole nuts                  | —  |  |
|   | Pound                              | 3.1                                       | 1 cup nut halves                  | —  | 1 lb in shell =<br>about 0.66 lb<br>(2 cup) nuts     |
| <b>PECANS</b><br>(shelled)                        | Pound                              | 4.2                                       | 1 cup nut halves                  | —  | 1 lb in shell =<br>about 0.49 lb<br>(2 cup) nuts     |
| <b>WALNUTS</b><br>Black<br>(shelled)              | Pound                              | 3.5                                       | 1 cup chopped nuts                | —  | 1 lb in shell =<br>about 0.22 lb<br>(¾ cup) nuts     |
|   | English or<br>Persian<br>(shelled) | Pound                                     | 4.5                               | 1 cup nut halves                               | —  |
| <b>PRESERVES AND SYRUPS</b>                       |                                    |   |                                   |  |  |
| <b>HONEY, STRAINED</b>                            | Pound                              | 1.4<br>22.3                               | 1 cup honey<br>1 tablespoon honey | —<br>4.5                                       |  |

**PRESERVES AND SYRUPS —  
SNACK CHIPS AND STICKS**

| Other Food   |                             |   |                                 |  |                                       |
|--|-----------------------------|---|---------------------------------|--|---------------------------------------|
| 1.<br>Food as purchased  | 2.<br>Purchase<br>unit      | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion   | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information |
| <b>JAMS, JELLIES,<br/>and PRESERVES</b>                                | Gallon                      | 16.0                                      | 1 cup jam                       | —  |                                       |
|  |                             | 256.0                                     | 1 tablespoon jelly              | .4   |                                       |
|  | Quart                       | 4.0                                       | 1 cup jam                       | —  |                                       |
|  |                             | 54.0                                      | 1 tablespoon jam                | 1.6  |                                       |
|  | Pound                       | 1.4                                       | 1 cup jam                       | —  |                                       |
|  |                             | 22.6                                      | 1 tablespoon jam                | 4.5  |                                       |
| <b>SYRUPS<br/>Cane, Maple,<br/>and Molasses</b>                        | Gallon<br>(about<br>183 oz) | 16.0                                      | 1 cup syrup                     | —  |                                       |
|  |                             | 128.0                                     | 2 tablespoon syrup              | .8   |                                       |
|  | Quart                       | 4.0                                       | 1 cup syrup                     | —  |                                       |
|  |                             | 32.0                                      | 2 tablespoon<br>syrup           | 3.2  |                                       |
| <b>SALAD DRESSINGS<br/>FRENCH,<br/>MAYONNAISE,<br/>MAYONNAISE-TYPE</b> | Gallon                      | 16.0                                      | 1 cup dressing                  | —  |                                       |
|  |                             | 256.0                                     | 1 tablespoon<br>dressing        | .4   |                                       |
|  | Quart                       | 4.0                                       | 1 cup dressing                  | —  |                                       |
|  |                             | 64.0                                      | 1 tablespoon dressing           | 1.6  |                                       |
| <b>SNACK CHIPS AND<br/>STICKS</b>                                      |                             |   |                                 |  |                                       |
| <b>CORN CHIPS</b>  | Pound                       | 20.0                                      | ¾ ounce chips<br>(about ½ cup)  | 5.0  |                                       |
| <b>POTATO CHIPS</b>  | Pound                       | 32.0                                      | ½ ounce chips<br>(about ½ cup)  | 3.2  |                                       |
| <b>POTATO STICKS</b>   | Pound                       | 32.0                                      | ½ ounce sticks<br>(about ¾ cup) | 3.2  |                                       |

# VEGETABLES FOR SEASONING, DRY

Other Foods

| 1.<br>Food as purchased                      | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information  |
|--|------------------------|---|-------------------------------|--|--|
| <b>VEGETABLES FOR<br/>SEASONING,<br/>DRY</b> |                        |   |                               |  |  |
| <b>CELERY<br/>(flakes)</b>                   | Ounce                  | 1.3                                       | 1 cup dry flakes              | —  | For flavor, use<br>1 oz dry in<br>place of 11.3<br>oz (2 <sup>2</sup> / <sub>3</sub> cup)<br>fresh chopped<br>celery |
|  | Pound                  | 21.6                                      | 1 cup dry flakes              | —  |  |
| <b>CHIVES<br/>(freeze-dried flakes)</b>      | Ounce                  | 2.8                                       | 1 cup flakes                  | —  | For flavor, use<br>1 oz dry in<br>place of 14.7<br>oz (8 <sup>2</sup> / <sub>3</sub> cup)<br>fresh chopped<br>chives |
|  | Pound                  | 46.2                                      | 1 cup flakes                  | —  |  |
| <b>GARLIC<br/>(minced)</b>                   | Ounce                  | 2.6                                       | 1 tablespoon garlic           | —  | For flavor, use<br>¼ tsp dry in<br>place of 2<br>cloves fresh<br>minced garlic                                       |
|  | Pound                  | 42.0                                      | 1 tablespoon garlic           | —  |  |
| <b>MIXED VEGETABLES<br/>(flakes)</b>         | Ounce                  | 7.2                                       | 1 tablespoon flakes           | —  |  |
|  | Pound                  | 7.8                                       | 1 cup flakes                  | —  |  |
| <b>ONIONS<br/>Chopped</b>                    | Ounce                  | 6.0                                       | 1 tablespoon onions           | —  | For flavor, use<br>1 oz dry in<br>place of about<br>9.1 oz (1½ cup)<br>fresh chopped<br>onion                        |
|  | Pound                  | 5.2                                       | 1 cup onions                  | —  |  |
| <b>Minced</b>                                | Ounce                  | 6.0                                       | 1 tablespoon onions           | —  |  |
|  | Pound                  | 4.5                                       | 1 cup onions                  | —  |  |
| <b>Flakes</b>                                | Ounce                  | 6.0                                       | 1 tablespoon flakes           | —  |  |
|  | Pound                  | 7.6                                       | 1 cup flakes                  | —  |  |

**VEGETABLES FOR SEASONING, DRY —  
YEAST**

**Other Foods**

| 1.<br>Food as purchased           | 2.<br>Purchase<br>unit | 3.<br>Servings<br>per<br>purchase<br>unit | 4.<br>Serving size or portion | 5.<br>Purchase<br>units for<br>100<br>servings | 6.<br>Additional yield<br>information   |
|-----------------------------------|------------------------|---|-------------------------------|--|---|
| <b>PARSLEY<br/>(flakes)</b>       | Ounce                  | 21.8                                      | 1 tablespoon flakes           | —  | For flavor, use<br>1 oz dry in<br>place of about<br>2.9 oz (4 cup)<br>fresh chopped<br>parsley                                  |
|                                   | Pound                  | 20.6                                      | 1 cup flakes                  | —  |   |
| <b>PEPPER, GREEN<br/>(flakes)</b> | Ounce                  | 11.3                                      | 1 tablespoon flakes           | —  | For flavor, use<br>1 oz dry in<br>place of about<br>8.8 oz (1 <sup>2</sup> / <sub>3</sub> cup)<br>fresh chopped<br>green pepper |
|                                   | Pound                  | 11.3                                      | 1 cup flakes                  | —  |   |
| <b>YEAST<br/>ACTIVE DRY</b>       | Pound                  | 3.1                                       | 1 cup yeast                   | —  | 1 package<br>( <sup>1</sup> / <sub>4</sub> oz) —<br>about 1<br>tablespoon   |
| <b>COMPRESSED</b>                 | Pound                  | 25.2                                      | 1 cake yeast                  | —  | 1 cake<br>(5/8 oz) —<br>1 package<br>( <sup>1</sup> / <sub>4</sub> oz) active<br>dry yeast                                      |

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